

HOW TO FREEZE

Foods





INTERNATIONAL HARVESTER COMPANY

180 North Michigan Avenue

Chicago 1, Illinois

COPYRIGHT 1951 BY INTERNATIONAL HARVESTER COMPANY

New Pleasures for You . . .

Your new International Harvester Freezer represents the longest forward step you have taken to make your home complete, convenient and modern, since you first acquired a mechanical refrigerator. You are going to find new pleasure in preparing and serving food. You will come to rely on your freezer more and more, and will soon be saying to your friends, "I don't know how I ever managed my home without it, it makes everything so easy."

You will be delighted with the savings you make by preserving your own fresh foods. You will be surprised at the many new foods you can serve out of season . . . and you will be delighted with their marvelous flavor, freshness and quality. You will enjoy new confidence and freedom from worry upon the arrival of unexpected guests.



Preserving foods by freezing is much easier than by other methods . . . so much more pleasant that amazing quantities of food may be preserved without fuss or bother.

I suggest you read carefully the instructions which came with your freezer. Follow the suggestions and the directions given in this book and you will find freezing foods really is fun.

Good luck to you on your new adventure in better living.

Irma Harding

INTERNATIONAL HARVESTER Home Economist



C O N T E N T S

	PAGE
Freezing — Modern Food Magic	5
Just a Few Things to Remember	7
Proper Packaging	10
How to Freeze —	
Vegetables	14
Fruits	26
Meats	38
Poultry	42
Fish	44
Game	46
Bakery Goods	48
Dairy Products	54
Eggs	56
Prepared or Cooked Foods	58
Preparing Frozen Foods for the Table	66
Frozen Food Menus	79
Complete Index	81

All temperatures mentioned in this publication are Fahrenheit,
the commonly used temperature measurement shown on all
home thermometers.



Freezing—

MODERN FOOD MAGIC




* **F**REEZING is a modern and rapidly growing method of preserving fresh, perishable foods. It's a safe, simple, easy way for you to preserve the surplus products of garden and orchard, as well as meats, fish, poultry, game, and baked or other pre-cooked foods. With your freezer you can take advantage of favorable market prices.

In addition, freezing captures and holds the garden-fresh quality of fruits and vegetables. It maintains the color, flavor, texture, and health-giving vitamins found in fresh foods.

* Storage of frozen foods at a temperature of zero or below retards certain changes caused by enzymes and micro-organisms which, if allowed to become more active at higher temperatures, will cause food spoilage. In preparing foods for freezing some of these are destroyed by blanching (scalding). Others are destroyed by the sub-zero temperatures at which the food is frozen. In frozen foods, stored at temperatures of zero or below, the enzymes remain practically inactive, spoilage is halted, and many foods may be kept in perfect condition up to 12 months.

Preservation of foods by freezing has a special appeal for the modern homemaker because it is quick, convenient, and easy. Less cooking is involved — the discomfort of working in a hot kitchen on a summer day is reduced. This modern method of food preservation is endorsed by government agencies, food authorities and millions of progressive homemakers who own their own freezers.

* 



THE *Home Economics* KITCHEN

In their busy kitchen, International Harvester's home economists have been working for years to simplify and improve your freezer, and the methods of its use. Every day these skilled home economists are testing new recipes and procedures for your use. In their laboratories new uses for your freezer are constantly being studied.

This booklet presents the information developed in International Harvester's own Home Economics kitchen. Combined with it are rules and methods of procedure established by the research and experience of leading food authorities and the skilled personnel of universities and agricultural stations. Included, too, is the information gained in a large number of tests of International Harvester freezing equipment in private homes in different sections of the country.

Follow the information contained in this book with confidence. It will enable you to get the most out of your International Harvester Freezer.

JUST A FEW THINGS TO REMEMBER

YOUR FREEZER AND YOUR REFRIGERATOR

Your freezer operates at temperatures of zero and below. This is much colder than your household refrigerator, which operates at temperatures above freezing (32 degrees). Usually the temperature of an ordinary refrigerator is 35 to 40 degrees.

That means your freezer serves an entirely different purpose. It is designed for the preservation and storage of foods over long periods, while your refrigerator is intended to keep foods for shorter periods and to keep foods which cannot be frozen.



PLAN AHEAD

Before you start your freezing program, consider not only the size of your freezer, but also the foods you would like to freeze. Keep in mind your family requirements, such as ages, likes and dislikes, and the number of times you are likely to serve any kind or variety of food. Think, too, of the size of your family and preserve in each package about the quantity of food which you will need for one meal.

WHICH FOODS TO FREEZE

Careful selection of the foods you freeze has much to do with their quality when served. Be discriminating; it will repay you well.

First: Select the kinds of food, and the varieties, that freeze best. Some varieties freeze more successfully than others — retain their color, flavor and texture better. The International Harvester Home Economics Laboratory will be glad to answer any questions you may have about your selection. The extension service of your state agricultural college, your county agent, or your home demonstration agent can also be helpful.

Second: Select foods of top quality — ripe, free of blemishes — at the very moment, if possible, when they would be best eaten fresh. Fruits and vegetables picked in early morning usually are best. Freezer space is valuable; use it only for foods worthy of preserving. Remember, freezing does not improve the quality of anything; it merely arrests spoilage and maintains whatever quality the food has at the start.





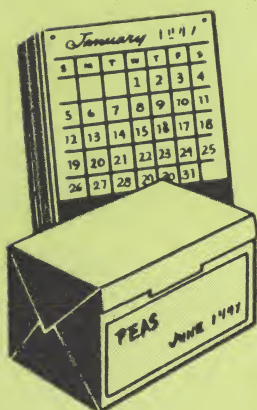
FREEZE ONLY FRESH FOODS— PROCESS THEM QUICKLY

Some foods that have been shipped over long distances may not be suitable for freezing. Prepare fruits and vegetables for freezing just as soon after they are picked as possible. The quicker you get them into your freezer, the better. This is important not only because the frozen food will have finer color, flavor and texture, but also because vitamins are lost during every hour that passes between garden and freezer. The speed with which you can preserve foods by freezing rewards you handsomely in the increased goodness of those foods on your table.



GETTING FOODS READY IS EASY

There are just a few simple steps in preparing foods for freezing. They are clearly and fully given in the chapters on various foods — divided under Vegetables, Fruits, Meats, Poultry and other classifications, with specific kinds of food under each classification arranged alphabetically. Make this your guide-book to success with frozen foods.



DON'T KEEP FROZEN FOODS TOO LONG

Date all food packages at the time of freezing. Always use first the foods that have been stored the longest.

Plan to use frozen foods regularly. A good general rule is to use all of one season's crop before the next is ready — which means, for fruits and vegetables, eight months is a reasonable storage time.

The maximum time you should keep any frozen food in your freezer is 12 months. Most frozen foods will keep for that

length of time when stored at zero, or below.

It is desirable to use certain foods, such as fatty fish, game, pork, baked and other prepared foods within less time. Much depends upon the condition of the food when frozen. Quality products and rapid handling in preparation and freezing are very important factors.



NEVER RE-FREEZE

In an emergency, packages may be re-frozen without risk if they still contain some ice crystals, indicating that only the surface has thawed. Plan to serve these as soon as possible.

If completely thawed, non-acid vegetables, shell fish, pre-cooked and prepared foods should never be re-frozen. Other foods that have been completely thawed should be examined. If the color is natural and the odor is good, the food can be used for immediate consumption when thoroughly cooked.



KEEP A RECORD OF FOOD STORED

A well-kept record will tell you, without opening the freezer, what food you have on hand, number of servings or quantity, date frozen, how packed, and the location in the freezer. Such a complete list saves your time, and it is unnecessary then to keep the freezer open while you hunt through its contents.





PROPER PACKAGING

Proper packaging materials for your frozen foods are of great importance to you. When high-quality packaging material is used, the original appearance, flavor and texture of food is retained for the maximum storage period recommended. Because air at freezing temperatures tends to dry stored foods, all wrapping materials must be specially designed to hold moisture inside packages. The principal requirements of such materials are that they be moisture-vaporproof, liquid-proof, odorless and tasteless, greaseproof, easy to fill and able to provide an effective seal. They must be strong so they will not tear or crack easily at zero temperatures. They must be economical of storage space, and reasonable enough in price to be practical.

Irma Harding Approved Packaging Materials meet these requirements fully. Laboratory tested by International Harvester home economists, these packaging materials have proved their ability to retain the fresh flavor, texture and color of frozen food that is so desirable. Look for the Irma Harding "Seal of Approval" when buying freezer packaging from your International Harvester dealer.



PACKAGING GUIDE

When choosing wrappings and containers, select those best suited to the product to be frozen, to the available storage conditions and to the length of the planned storage period.

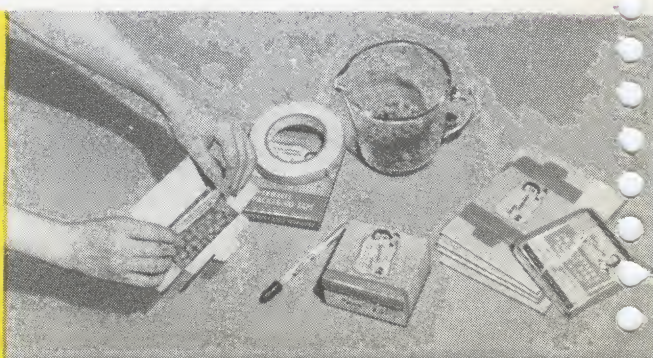
Use the following guide when purchasing packaging material—there is more than one right wrap for every food, so choose the one you like the best.

10

Representative assortment of materials for proper packaging of foods for freezing.



Fold edges of plastic bag down together to surface of food.





IRMA HARDING PACKAGING GUIDE

Fruits and Vegetables	Meats, Fish, Game, Cheese, and Butter	Poultry and Wild Fowl	Cookies, Ice Cream, Soups, Stews, Eggs, and Prepared Dishes	Breads, Cakes, Pies, Casserole Dishes
<ol style="list-style-type: none"> 1. Folding cartons with cellophane or plastic liners (pint or quart or 2-quart) or 2. Direct-fill containers (pint or quart) 	<ol style="list-style-type: none"> 1. *'Freezetex' or 2. *'Tite' or 3. **Aluminum foil or 4. *Specially coated freezer paper (for short storage) 	<p>Whole birds:</p> <ol style="list-style-type: none"> 1. **Plastic bags <p>Cut-up birds:</p> <ol style="list-style-type: none"> 2. Folding cartons with cellophane or plastic liners (quart or 2-quart) 3. Wrappings, such as *'Tite,' *'Freezetex,' or **Aluminum foil. 	<ol style="list-style-type: none"> 1. Direct-fill containers (pint or quart) or 2. Folding cartons with cellophane or plastic liners (pint, quart or 2-quart) 	<ol style="list-style-type: none"> 1. Wrappings, such as *'Tite,' *'Freezetex,' **Cellophane or **Aluminum foil or 2. Plastic bags or 3. *Specially coated freezer paper (for short storage)

* Seal with Permacel tape

**Overwrap with Frostinette

SEALING

The main objective when sealing a package before storing it in the freezer is to remove all the air possible from that package. When using one of the roll paper wraps, we suggest a "drugstore fold." Place the article to be wrapped in the center of the paper. Bring the two outer ends together and fold them down together to the article being wrapped, making sure that you have a tight fold. Secure this fold with a piece of freezer tape. Wrap both ends in a similar drugstore fold. You will note when using this fold that no edges of the wrapper are left exposed.

When cellophane or plastic bags are used as liners inside cartons, press as much air as possible from the package, fold the edges down together to the surface of the food in a drugstore fold, and secure with freezer tape.

If you prefer, however, these edges may be heat sealed instead of folded. To seal in this manner, heat the top fold of the bag with an Irma Harding tested and approved heat sealer, or a moderately warm household iron, or a curling iron. When heat sealing plastic (polyethylene) bags, avoid direct contact between the sealer and the bag. Place a piece of paper over the surface of the plastic and then apply heat. (See additional illustrations on page 40.)

Cartons for packaging come in various styles and sizes, ready to use.

Special wrapping and sealing materials for foods not packed in cartons.

11





Leftover Packaging Material

You don't have to waste a single scrap of packaging material. Save all odd pieces of foil, cellophane, freezer paper, etc., and use to separate steaks and chops, etc., to pad sharp bones to prevent puncturing through outer wrap, and to keep fruits submerged under their syrup solution to prevent top slices from darkening.

Jars, Cans, and Plastic Containers

Glass jars, tin cans or plastic containers may also be used. Leave 1½-inch headspace when using glass jars, so that food is at least ½-inch below the shoulder of the jar. Leave at least ½-inch headspace for expansion, when using other freezer containers. Rectangular containers are more economical of freezer space than cylindrical containers.

Label Everything You Freeze

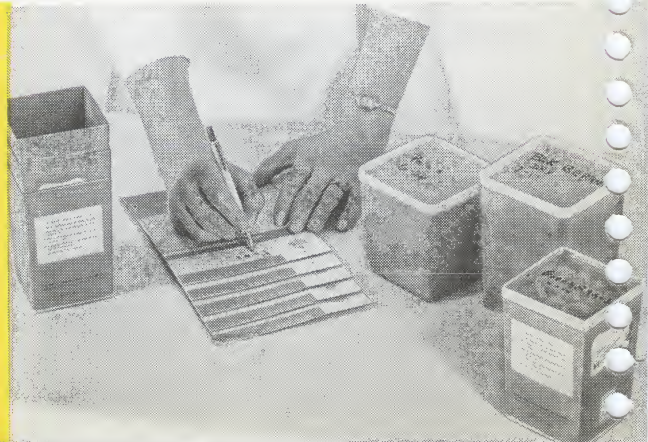
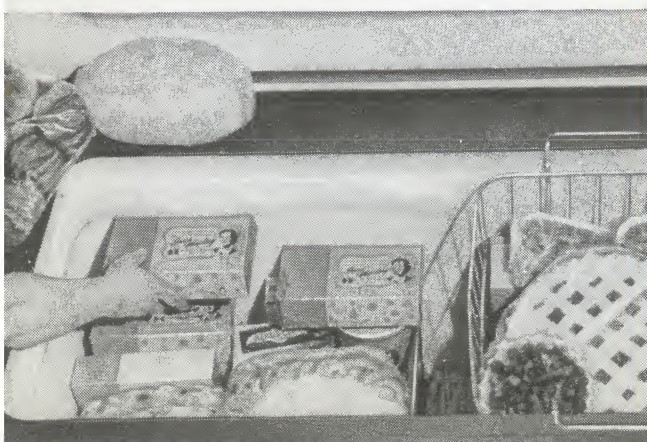
Mark each package or container plainly with the name of the food, the date frozen, weight or number of servings, and kind of pack. In many instances, you will want to add the intended use of the contents. For labeling, use Irma Harding's tested and approved brush pen, or colored crayons, lead or china marking pencils.

FREEZE IMMEDIATELY AFTER PACKAGING

Freeze packaged foods at once. Getting foods into the freezer quickly assures high-quality frozen foods. When foods are frozen promptly in an International Harvester Freezer at zero, or below, product changes are reduced to a minimum. If necessary to hold them a short time before freezing, prepared packages may be stored in your household refrigerator.

Place each package of food to be frozen so that it touches either one of the walls or the bottom of the freezer. This assures rapid freezing.

It is important to mark on every package the contents, date frozen and other useful information, such as kind of pack and number of servings.



VEGETABLES



HOW TO FREEZE

Vegetables



YOUR freezer will give you the pleasure and satisfaction of serving garden-fresh vegetables to your family in every season of the year. Vegetables offer a wide variety for freezing. When carefully selected, processed, packaged and frozen, you will always have "top" quality vegetables ready for quickly prepared, delicious meals. They are especially nice when unexpected company drops in.

The vegetables suggested for freezing on the following pages are recommended for use only as cooked vegetables. Salad greens, celery, radishes, etc., do not retain their crispness after thawing.

SELECT VEGETABLES WITH GREATEST CARE

If you have a garden, pick vegetables when they are at their peak of growing perfection, early in the day when they are freshest and most succulent. If you buy from a roadside stand or market, buy early in the season so you can be sure of getting fresh, firm products. Select young, tender vegetables, just right for

table use, freshly-picked and in perfect condition. When possible, choose uniform size and maturity. Freeze first those vegetables which cannot be stored satisfactorily in vegetable cellars or those which require extra special care in processing by other methods.

PREPARE AS YOU WOULD FOR THE TABLE

Wash vegetables thoroughly in cold running water, discarding the imperfect and overripe ones. Sort or grade, according to size, so that each package will be uni-

form. Specific directions for preparing various vegetables are given in this chapter.

BLANCH ALL VEGETABLES BEFORE FREEZING

Blanching (scalding) retards the action of the enzymes, the chemical agents which bring about undesirable changes in quality and flavor during the storage period. Blanching also makes vegetables easier to pack. Blanching is done in either boiling water or steam. Boiling water is generally used, but steam is entirely satisfactory for all except leafy green vegetables.

The time for blanching varies with each vegetable. Specific directions are given in the section applying to each vegetable. Use a large covered kettle with 4 quarts of boiling water. Blanch *only* 1 pound of vegetables at a time, to insure thorough blanching and to prevent any quick change in the temperature of the water. (Always use at least one gallon of water per pound of vegetables.)

Blanching kettles designed specifically for the preparation of food for the freezer are ideal but not necessary. Do not use iron or copper utensils, because they cause discoloration in certain vegetables.

Place prepared vegetables in a wire basket, colander or cheesecloth and immerse in boiling water. Cover the kettle to hold in steam. *Begin to count the blanching time as soon as the vegetables are immersed.* Be sure to bring the water back to vigorous boiling each time before adding vegetables.

To blanch in steam, increase the time by one-half over the time given for the boiling water method. Add enough water to the container to prevent it from boiling dry . . . about 2 to 3 inches. Use a rack (trivet) on the bottom of the steamer or kettle to hold the vegetables out of the water. When the water is boiling, place a pound of vegetables in a wire basket, colander or cheesecloth and lower it onto the rack. Cover the kettle. Begin to count the time when the steam issues freely from around the cover. Steam only one pound of vegetables at a time. The leafy green vegetables tend to mat together in steaming, so this method is not recommended for them.

COOL BLANCHED VEGETABLES IMMEDIATELY

Immediately cool blanched vegetables in iced water or cold running water. A safe rule in most cases is to cool for the same length of time as the vegetable was blanched. Drain off excess moisture by allowing basket to stand on towel for a minute or so.

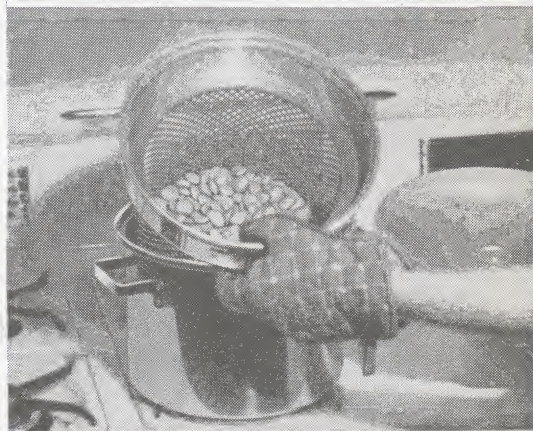
NOW THEY ARE READY FOR PACKAGING

Select the sizes of containers suitable for your family needs. All packaging materials used for frozen foods must be moisture-vaporproof. Leave $\frac{1}{4}$ to $\frac{1}{2}$ -inch headspace to allow room for expansion in freezing.

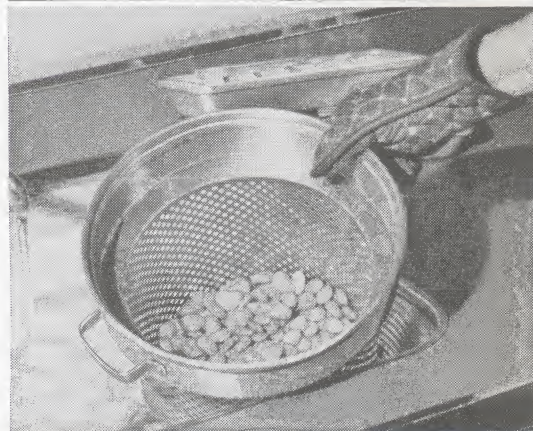
Label all containers with name of vegetable, date packed, and method of pack. See pages 10, 11, 12, for complete packaging directions.



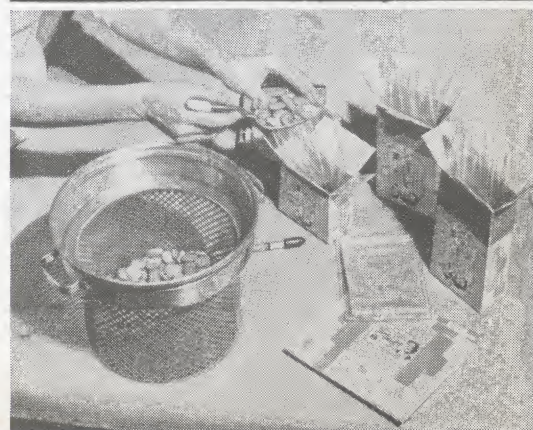
Prepare vegetables for freezing as you would for the table.



Next, blanch (scald) vegetables in boiling water or steam.



After blanching, cool immediately in iced or cold running water.



Then place in moisture-vaporproof packages, seal and freeze.

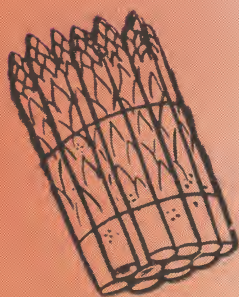
ARTICHOKES



SELECTION: Choose fresh globes from which a leaf will pull easily.

PREPARATION: Pull off outer bracts until inner light yellow or white bracts free from all green are reached. Cut off tops of buds and trim to a cone, leaving only the hearts. Submerge in cold water and wash. Blanch for 7 minutes in 4 quarts of boiling water per pound of artichokes. Cool and drain.

ASPARAGUS



SELECTION: If you have a garden, cut young, tender, rapid growing spears, $\frac{3}{8}$ to 1 inch thick at butt end, which are free from woody fiber. Harvest, prepare and freeze within 2 hours, as asparagus toughens rapidly after cutting.

PREPARATION: Wash thoroughly and sort according to size. Cut stalks $4\frac{1}{2}$ to 5 inches long for quart-size containers, or, in 1-inch pieces, if preferred. Freeze less tender pieces for soups and purees. Blanch 3 minutes in boiling water. Cool and drain.

PACKAGING: Pack whole spears in containers, placing heads in opposite directions.

BEANS: Green and Wax



Slice green beans lengthwise, French style, for variety.

SELECTION: Choose tender, crisp, stringless, medium-size beans that have bright green or yellow pods. Discard small, immature, thin pods and all bruised and discolored beans. Beans picked in fall are generally less fibrous than those harvested in summer.

PREPARATION: Sort and wash thoroughly in cold water. Snip off ends and wash again. Break into 1-inch pieces, or slice lengthwise, French style. Leave those beans whole, that are 2 to 3 inches long. Blanch 2 minutes in 4 quarts of boiling water per pound of beans. Cool and drain.

To prepare these foods for serving, see directions on pages 66, 67.

Lima

SELECTION: Choose tender, young lima beans with green, easily-opened seed pods, starch-free and not mealy in texture. Prepare limas for freezer within 2 hours for best flavor.

PREPARATION: Shell, wash and sort into sizes, discarding split and white beans. Blanch young beans $1\frac{1}{2}$ to $2\frac{1}{2}$ minutes and mature white beans $2\frac{1}{2}$ to 3 minutes, according to size, in 4 quarts of boiling water per pound of beans. Cool and drain.

SUCCOTASH: Prepare corn and lima beans separately. Cool; mix in equal portions. Package, freeze at once.



Soy

SELECTION: Harvest while beans are still green and tender.

PREPARATION: Soybeans are difficult to shell, so blanch pods for 4 minutes and cool. No further blanching is necessary. Shell directly into cartons for freezing.

BEETS

SELECTION: Choose deep, uniformly-red, tender, young beets of medium size, about 2 inches in diameter. Sort out small beets. Discard overmature beets and those that are split.

PREPARATION: Wash thoroughly. Peel and slice $\frac{1}{4}$ inch thick or dice into quarter-inch cubes. Blanch $2\frac{1}{2}$ minutes in 4 quarts of fresh, boiling water per pound of beets. Cool and drain.

Cook small beets 25 to 30 minutes until tender. Cool, slip skins and pack whole.



BEET GREENS

Harvest beet greens when tender and young. Wash thoroughly and remove all imperfect leaves. Blanch 2 minutes in 4 quarts of boiling water per *half pound* of greens, twirling the container to prevent matting. Cool and drain.



To prepare these foods for serving, see directions on pages 66, 67.

BROCCOLI



Package Broccoli with heads in opposite directions.

SELECTION: Choose tender, compact, firm heads of uniform dark-green color with young, tender stalks about 1 inch thick.

PREPARATION: Wash and sort according to size. Trim off outer leaves and imperfect stalks. Let stand in salted water (4 teaspoons salt to 1 quart of water) $\frac{1}{2}$ hour to remove any possible insect life. Rinse thoroughly and trim away woody parts of the stalk. Split the stalks and heads lengthwise so that heads are about 1 inch in diameter. Peel the less tender stalks. If you plan to use the broccoli for soup, cut into 1-inch pieces.

Blanch (stalk and heads)—small stalks, 3 minutes; medium, $3\frac{1}{2}$ minutes; large, 4 minutes—in 4 quarts boiling water per pound of broccoli. Cool and drain.

PACKAGING: Place in containers, arranging heads in alternate directions to conserve space, or wrap in freezer paper.

BRUSSELS SPROUTS



SELECTION: Choose firm, compact, bright green, medium-size sprouts. Clean carefully, discarding those which are wilted or discolored.

PREPARATION: Wash thoroughly. Sort sprouts as to size and head compactness. Let stand in salted water (4 teaspoons salt to 1 quart water) $\frac{1}{2}$ hour to remove any possible insect life. Blanch 3 to 5 minutes according to size in 4 quarts of boiling water per pound of sprouts. Cool and drain.

PACKAGING: Pack in containers, allowing 5 to 6 sprouts per serving. Package less compact sprouts separately for use in soups. Freeze immediately.

CABBAGE



SELECTION: Choose solid, compact, green heads with succulent, crisp leaves without fibrous mid-rib.

PREPARATION: Discard outside leaves; cut into wedges; separate the leaves, or shred. Blanch wedges 3 to 4 minutes in 4 quarts of boiling water per pound of cabbage. Blanch whole leaves or shredded cabbage $1\frac{1}{2}$ minutes. Cool and drain.

SAUERKRAUT: Pack thoroughly-cured sauerkraut into containers. Freeze.

To prepare these foods for serving, see directions on pages 66, 67.

CARROTS

SELECTION: Choose bright-orange, young, tender, coreless, medium-length carrots. Discard those which are cracked or damaged.

PREPARATION: Wash thoroughly and scrape. Dice or slice carrots $\frac{1}{4}$ inch thick; leave small ones whole. Blanch 2 to $3\frac{1}{2}$ minutes in 4 quarts of boiling water per pound of carrots. Cool and drain.

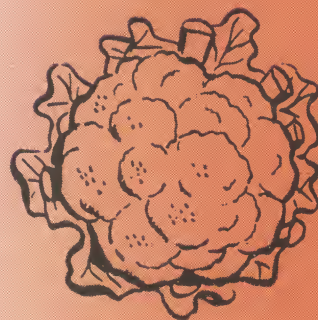
CARROTS AND PEAS: Prepare each vegetable separately. Cool, then mix in desired proportions, pack and freeze.



CAULIFLOWER

SELECTION: Use compact, relatively-smooth heads, with firm, white, tender curd and not-too-thick stalks. Handle promptly in order to retain whiteness of curd.

PREPARATION: Trim leaves and break into flowerets. Blanch immediately 3 minutes in 4 quarts of boiling water per pound of cauliflower, or let stand in salted water (4 teaspoons to 1 quart water) until ready to blanch. Cool and drain.



CELERY

SELECTION: Choose white and crisp stalks. Celery is best immediately after harvesting in autumn.

PREPARATION: Trim and wash as for table use. Cut into one-inch pieces. Cook until tender. Cool, drain and package.



CHARD: Swiss

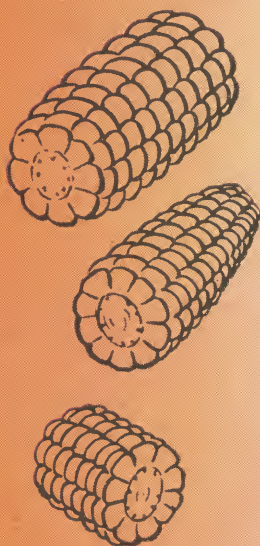
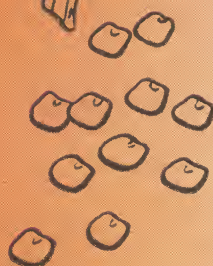
(See Spinach)

COLLARDS

(See Spinach)

To prepare these foods for serving, see directions on pages 66, 67.

CORN



SELECTION: Choose only tender, freshly-picked, yellow or white sweet corn of uniform maturity with deep, full, rounded, regular kernels, tender and milky . . . just right for table use. Hybrid varieties will be found to have these characteristics most often. Test milk with thumb nail, rupturing kernel; milk should spurt from kernels. Discard immature corn which lacks flavor and overmature corn which is tough and starchy. Freeze as quickly as possible after picking.

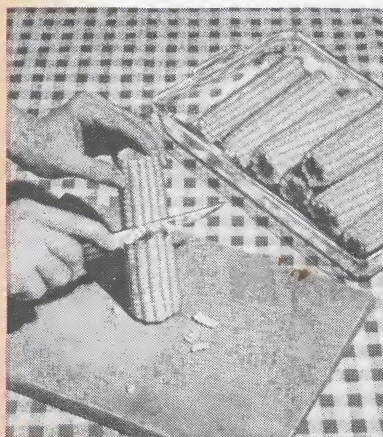
PREPARATION: Husk. Remove silk carefully with brush without injuring kernels. Blanch no more than 6 ears at one time in 4 quarts of boiling water. The thickness in diameter of the ears will determine the blanching time — 1½-inch base, 7 minutes; 2-inch base, 9 minutes; large ears, 11 minutes. Chill in ice water or cold running water twice as long as the blanching time.

CORN ON THE COB: Preparation as above. Drain cooled ears. Dry thoroughly. Package and freeze.

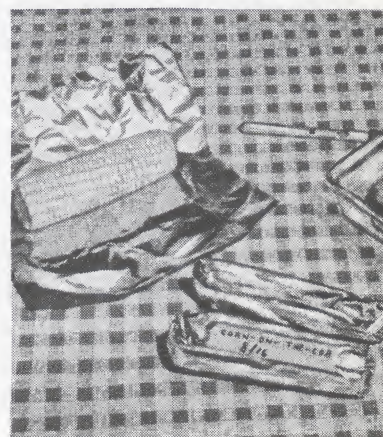
WHOLE KERNEL CORN: Preparation as above. Work quickly. Drain thoroughly. Corn that is allowed to stand in water absorbs water and loses flavor rapidly. Cut corn off cob, being careful not to cut the cob.

CREAM-STYLE CORN: Preparation as above. Cut corn off the cob at about the center of the kernel. Scrape out juice and the heart of the kernel with the back of a knife.

Packaged cut corn requires about ⅓ less storage space than is required by the same quantity of corn on the cob.



To freeze Corn in kernels, blanch on the cob, then cut,



For Corn on the cob, blanch and wrap each ear separately.

EGGPLANT

SELECTION: Choose firm, ripe eggplant, 6 to 9 inches in diameter, with smooth skin. Overmature eggplant is unsatisfactory.

PREPARATION: Wash, peel and slice $\frac{1}{3}$ inch thick. Work quickly; prepare just enough for one blanching at a time. Blanch 4 minutes in 4 quarts of boiling water per pound of eggplant. Cool in iced or cold running water. Drain thoroughly.

PACKAGING: Place two pieces of freezer paper between slices. Pack in carton, or wrap in freezer paper.



KALE

(See Spinach)

KOHLRABI

SELECTION: Choose young, tender, small kohlrabis.

PREPARATION: Cut off tops and roots and wash thoroughly. Peel and dice in $\frac{1}{2}$ -inch cubes. Blanch 1 minute in 4 quarts boiling water per pound of kohlrabi. Cool and drain.



MUSHROOMS

SELECTION: Choose fresh, tender, perfect, cultivated mushrooms with white caps and pleasing flavor. Do not attempt to freeze wild mushrooms if you are not familiar with them and are unable to identify them. Prepare and freeze the same day as picked.

PREPARATION: Wash carefully; cut off base of stem and any defective parts. Sort as to size. Slice large mushrooms; leave button-size whole. Slice firm stems and freeze for soups. Sauté a small amount at a time, 4 to 5 minutes in melted butter. Cool, package, and freeze immediately.



MUSTARD GREENS

SELECTION: Choose young, tender mustard greens.

PREPARATION: Wash thoroughly and cut off main stem of leaves. Blanch 2 minutes in 4 quarts boiling water *per half-pound* mustard greens. Twirl the container while blanching to prevent matting. Cool and drain.



To prepare these foods for serving, see directions on pages 66, 67.

OKRA



SELECTION: Choose young, tender, green pods.

PREPARATION: Wash thoroughly and rinse. Carefully cut off stem end without cutting into seed end, which allows juice to leak out. Blanch 2 to 3 minutes in 4 quarts of boiling water to 1 pound of okra. Cool.

PACKAGING: Pack compactly in containers, alternating stem and blossom ends to conserve space.

PARSLEY

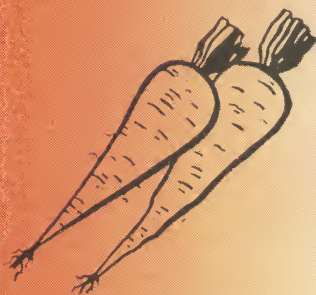


Choose fresh, deep-green, curly parsley. Wash thoroughly. Cut stems short and package sprigs in small quantities.

To use—chop while still frozen. Use as fresh product in cooked dishes (becomes limp on thawing and is not suitable for garnish).

Freeze Parsley in small bags holding amount for use at one time.

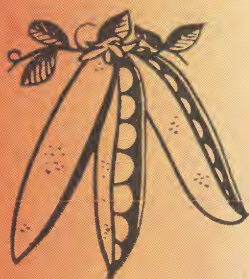
PARSNIPS



SELECTION: Choose young, tender, firm parsnips with small center core, and which are free of cracks and defects.

PREPARATION: Wash thoroughly. Cut off tops and peel. Slice parsnips lengthwise in 1/4-inch strips, or crosswise. Small parsnips may be cut in half. If core seems woody, remove by cutting carefully around it with the point of a sharp vegetable knife. Blanch 2 to 3 minutes in 4 quarts of boiling water per pound of parsnips. Cool and drain.

PEAS: Green



SELECTION: Choose fresh, young, tender, firm, green pods of uniform maturity. Discard immature, wrinkled or bleached pods. If you grow your own, pick peas early in the morning for garden-fresh sweetness. Pick and freeze within one hour, if possible.

PREPARATION: Wash pods thoroughly. Shell and sort out by hand immature and large, hard, starchy peas. Wash. Blanch 1 minute in 4 quarts of boiling water per pound of peas. Cool and drain.

: Blackeyed

PREPARATION: Prepare as for green peas. Blanch 2 minutes in 4 quarts of boiling water per pound of blackeyed peas. Cool and drain.

To prepare these foods for serving, see directions on pages 66, 67.

PEPPERS

SELECTION: Choose firm, tender red or green peppers with glossy skin and thick flesh.

PREPARATION: Wash. Remove seeds and stems. Cut in halves, slice or dice according to use. Blanching peppers is not necessary.

PACKAGING: Pack in small bags in amounts to be used at one time. Place several bags in one container.



POTATOES (Irish)

(See page 60)



POTATOES (Yams)

(See page 61)

PUMPKIN

SELECTION: Choose fully-mature pumpkin.

PREPARATION: Wash thoroughly. Cut into pieces and remove seeds and stringy tissue. Peel and cook in small quantity of water, by baking or steaming 30 to 40 minutes or until tender. Rub through food press and cool quickly by floating pan in iced water. Package and freeze.

Prepare pumpkin pie mix following your favorite recipe and freeze either in pie shell or carton.



RUTABAGAS

SELECTION: Choose for freezing when young and tender and not bitter.

PREPARATION: Cut off tops, wash, peel and dice in ½-inch cubes. Blanch 2 to 3 minutes in 4 quarts of boiling water per pound of rutabagas. Cool and drain.



SPINACH

SELECTION: Choose fresh, young, tender, succulent leaves without tough mid-rib. Pick early, along with other greens, such as Swiss chard, collards, turnip greens, beet tops, mustard greens. (Smooth-leafed spinach is less desirable for freezing.)

PREPARATION: Wash leaves thoroughly in cold running water to remove sand. Discard discolored leaves and those with large



To prepare these foods for serving, see directions on pages 66, 67.



stems Blanch 2 minutes in 4 quarts of boiling water per *half-pound* of spinach. Twirl the container, while the leaves are in the boiling water, to prevent matting. Cool and drain thoroughly, squeeze lightly to remove excess water. Package and freeze immediately

SQUASH: Summer

SELECTION: Choose young, tender squash with small seeds and pick before skin hardens. Test for tender skin by pressing lightly with fingernail. Freeze as soon as picked; do not let stand, as it loses flavor rapidly and becomes watery.

PREPARATION: Wash thoroughly with vegetable brush. Cut into ½-inch slices or cubes and cook as for table use in a minimum quantity of water, omitting seasonings. Cool quickly.



: Winter

SELECTION: Choose ripe, hard-shelled varieties with firm flesh.

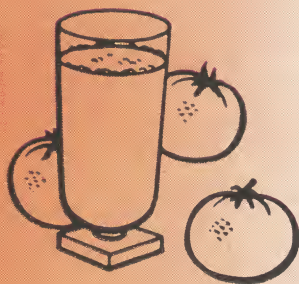
PREPARATION: Break into pieces and remove seeds. Steam or bake until tender. Scrape from shell, mash, and cool quickly by floating pan in iced water. Package without seasonings. (See page 61 for acorn squash.)

TOMATO JUICE

SELECTION: Choose low-acid varieties of sound, well-ripened tomatoes. Quarter and core.

PREPARATION: Place in covered pan. Crush slightly to provide enough juice to just cover bottom of pan. Heat rapidly to 185 to 195 degrees F. (below boiling). Do not overcook. Put through a food press. Cool quickly by setting pan in iced water. Add salt, using 1 teaspoon to 1 quart of juice. Work quickly and keep juice covered to conserve vitamins.

PACKAGING: Pack in containers. Heat seal and freeze immediately.



TURNIPS

SELECTION: Choose small, young and tender turnips.

PREPARATION: Cut off tops and wash. Peel and dice in ½-inch cubes. Blanch 2 minutes in 4 quarts boiling water per pound of turnips. Cool and drain.



To prepare these foods for serving, see directions on pages 66, 67.

FRUITS



HOW TO FREEZE

Fruits



FROZEN fruits from your International Harvester Freezer, served out of season, are one of the freezer's most delightful advantages. Fruits and berries retain their flavor, color and texture perfectly when carefully selected, prepared, and frozen according to the suggestions in this chapter.

PROPER SELECTION IS IMPORTANT

Choose those varieties which are the best for freezing. The International Harvester Home Economics Department or the extension service of your state agricultural college will gladly make suggestions if you do not know what those varieties are.

Choose firm, ripe, freshly-picked, tree-ripened fruits in perfect condition. Discard fruit that is overripe or not quite ripe. Overripe fruits are too mushy; fruits not quite ripe lack natural flavor and sweetness, and may result in a bitter product.

It is a good idea to taste fruits before packing to be sure that they are not watery or tasteless even though they may appear to be excellent.

PREPARE A LITTLE AT A TIME

Work with only a small amount of fruit at one time. Sort and wash the fruit quickly in cold water. Allow it to soak up as little water as possible. Be careful not to bruise the fruit.

Small fruits and berries require extra-careful washing in iced water. Scoop gently into colander. Repeat if necessary. Drain thoroughly.

Fruits and berries may be frozen whole, sliced, mashed, or puréed. Their preparation will depend upon the desired sweetness, whether the fruit discolors when peeled and exposed to the air, and whether you plan to serve them whole or use them in pastries.

Prompt freezing is important, but should

there be unavoidable delay in placing filled containers in the freezer, keep them cool in the household refrigerator.

SUGAR PRESERVES COLOR AND FLAVOR

Fruits may be packed for freezing in sugar syrup, or in dry sugar, or dry packed with no sugar at all. If they are to be eaten uncooked for desserts, packing in syrup or with dry sugar is preferable. Fruits which are sweetened retain their color and flavor longer than when dry packed, with the exception of those mentioned below, which are to be used for pies or other baking. For those exceptions, the unsweetened pack, usually referred to as 'dry pack', is satisfactory.

Plain Dry Pack — Berries, rhubarb, and blanched apples are satisfactory when frozen without sugar or syrup.

Dry Sugar Pack — To the carefully prepared fruit add dry sugar in the desired amounts, as directed under specific fruits on the following pages. Fold over and over until the sugar is dissolved and there is sufficient syrup to completely coat the fruit.

Syrup Pack — Place prepared food in liquid-tight containers. Fill firmly, but do not crush. Add chilled syrup to cover

To prepare these foods for serving, see directions on pages 66 and 68.

fruit. Personal taste or the character of the fruit determines the % syrup to use. To make syrup, add sugar to cold water in proportions given below. Stir until dissolved. Chill thoroughly before using. Store extra syrup in the refrigerator to prevent molding.

Syrup	Cups of Sugar	Cups of Water
30%	2	4
40%	3¼	4
50%	5	4

These quantities make enough syrup for about 4 quarts of fruit, allowing 1 cup syrup per quart package.

Sugar-Free Diets.

Follow directions for individual fruits, substituting saccharin for sugar. Eighteen ½ grain tablets in one cup water are equivalent in sweetening power to a 40% sugar syrup. Use with the consent of your physician.

DISCOLORATION CAN BE CONTROLLED

Light-colored tree fruits turn dark when peeled and exposed to air. This discoloration can be controlled easily during the preparation of fruits for freezing.

Ascorbic Acid Treatment—Ascorbic acid (vitamin C) is a very effective anti-darkening agent. It is odorless and tasteless, and being a natural food vitamin, it adds desirable nutritional value to the fruit. Flav-R-Save, a mixture of ascorbic acid and sugar, is a special compound for use during the preparation of fruits for freezing. Tested and approved by Irma Harding, Flav-R-Save may be purchased from International Harvester dealers.

For use with syrup pack fruits, use Flav-R-Save in the proportions recommended on the label. Dissolve it in the syrup just before combining with fruit. *Mix just before* using and stir only enough to dissolve, because vitamin C is destroyed by long exposure to air.

To use Flav-R-Save with dry sugar pack fruit, dissolve one-half teaspoonful in about 2 tablespoons of cold water for each pint of fruit. Spoon the dissolved Flav-R-Save over the fruit and stir gently until all pieces are coated with the solution.

Ascorbic acid (powder) may be purchased at some drug counters. To use it when freezing fruits, allow ¼ teaspoon of pure ascorbic acid powder for every 3 pints of fruit. Use for syrup or dry sugar pack as directed for Flav-R-Save.

Packaging Methods To Control Discoloration

—Package fruits in moisture-vapor-proof containers. Allow about ½ inch of headspace for expansion of syrup pack fruits.

For most effective protection against discoloration, light fruits should be well covered with syrup or juice during freezing and thawing to prevent darkening of the top surfaces. Place crushed scraps of freezer paper under the lid of each container after filling, to hold fruit under the syrup or juice.

Label all containers with name of fruit, date frozen, type of pack (sugar or syrup) and the intended use, such as sauce, pie or sundae topping.

See pages 10, 11, and 12 for complete packaging instructions.

27

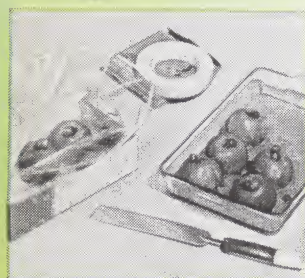
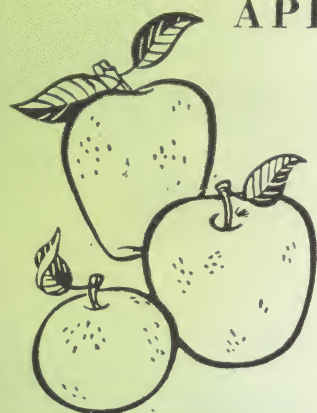
For dry sugar pack, mix dry sugar with sliced fruit.

Pour chilled syrup over prepared berries for syrup pack.

Add anti-darkening agent to chilled syrup; pour into container; add fruit.



APPLES



Frozen baked Apples provide a fine, quick dessert.

SELECTION: Choose fully matured, firm, ripe, well-flavored apples which resist browning when cut. Apples may be stored under refrigeration for short periods before freezing.

PREPARATION: Wash, peel, core and remove bruises and decayed spots; slice about ½ inch thick.

To prevent discoloration during preparation, place sliced apples in a solution of 1 tablespoon of salt to 1 quart of water. Drain. Blanch in boiling water for 1½ minutes. Cool immediately in iced water, and drain. Blanched apples are very satisfactory when packed without added sweetening.

APPLE SAUCE: Prepare in usual manner, strain if necessary, cool, and package.

APPLE COMPOTE: Prepare stewed apples in usual manner, cool and package.

BAKED APPLES: Prepare by favorite recipe, filling centers with seasoning, raisins and nuts as desired. Bake. Cool quickly by floating pan in iced water. Wrap in freezer paper.

APRICOTS



SELECTION: Choose firm, ripe apricots with tender, smooth, yellow-orange skin, just right for eating. Handle carefully and rapidly. May be stored in refrigerator for limited time before freezing but not over 10 days.

PREPARATION: Wash, sort as to size, and remove overripe or damaged fruit. Halve and remove pits. Peel, if desired, but it is not necessary. To peel, scald whole apricots 15-30 seconds in boiling water. Cool quickly in ice water.

Pack halved apricots in cold 40% sugar syrup containing ascorbic acid (see page 27); or with ascorbic acid and 1 part of sugar to 4 parts fruit by weight.

For a delicious ice cream topping, peel, slice and coarsely crush apricots. Mix thoroughly, using 1 part sugar to 3 parts fruit.

For flavor base for ice cream or sherbet, purée soft, ripe, peeled apricots, and mix, using 1 part sugar to 3 parts fruit.

AVOCADOS



Cut in half. Scoop out the pulp. Mash pulp well. To 1 cup purée, add 1½ tablespoons sugar and 2 teaspoons lemon juice. May be replaced in shell halves if desired.

To prepare these foods for serving, see directions on pages 66 and 68.

BANANAS

NOTE: Bananas are usually a year-round fruit and should not take space from other foods in the home freezer. However, they may be frozen quite satisfactorily if they are *used immediately* after thawing.

PREPARATION: Peel; slice or mash. Cover prepared fruit immediately with cold 40% syrup, to which ascorbic acid has been added. See Page 27.

Can be used for pies, cakes, puddings, salads, sundae toppings, ice cream, milk shakes and for infants' food. Bananas may also be frozen in fruit combinations.

Thaw quickly in the unopened package.



BERRIES

BLACKBERRIES • LOGANBERRIES • RASPBERRIES DEWBERRIES • BOYSENBERRIES • YOUNGBERRIES

SELECTION: Choose fresh, firm, fully-ripened berries with sweet, rich flavor. Discard the seedy, bruised, underripe, poorly-colored and poorly-formed berries. Pick frequently and in the morning for best flavor. Do not pick after a rain or during extremely warm weather. Handle carefully and quickly. For best quality, freeze berries as soon as possible after picking.

PREPARATION: Sort; stem, and wash carefully a few at a time in iced water. Scoop berries gently into a colander. Drain.

May be packed without sugar for pies. For desserts mix 1 part of sugar to 4 parts of fruit by weight, or add chilled 40% syrup to cover berries. Mix crushed berries with 1 part sugar to 3 parts berries by weight.

BLUEBERRIES • HUCKLEBERRIES

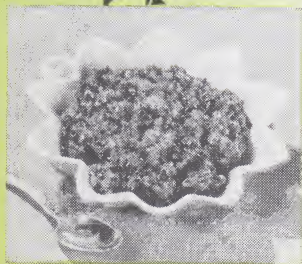
SELECTION: Choose fresh, large, tender-skinned blueberries fully ripened and of good flavor. Blueberries are easily handled because they ripen slowly. If necessary, they can be held overnight in refrigerator

PREPARATION: Sort carefully. Stem, wash and drain.

Pack without sugar for pies, muffins, etc. For desserts, pack in cold 40% syrup to cover; or with sugar, using 1 part of sugar to 4 parts of berries by weight.



To prepare these foods for serving, see directions on pages 66 and 68.



Cranberry-Orange
relish — delightful as
relish or salad.



CRANBERRIES

SELECTION: Choose deep-red berries with tender, glossy skin, sharp acid flavor and firm texture. Cranberries are easily handled. They ripen slowly, and if necessary may be stored under refrigeration for several days.

PREPARATION: Stem and sort cranberries, discarding imperfect and soft berries. Wash carefully and drain.

Packing whole without sugar gives a very satisfactory product. Cool jellied whole cranberry sauce and package.

Raw cranberry-orange relish is a delicious variation if served when just thawed. Use 1 quart raw cranberries and 3 small oranges. Wash oranges, cut in half and remove seeds. Put through meat grinder, using medium blade for cranberries and fine blade for oranges. Add 1 cup sugar and 1 cup corn syrup.

GOOSEBERRIES

SELECTION: Choose fresh, fully-matured gooseberries picked just before fully ripened (when they show just a little red color). Gooseberries may be stored 1 to 2 days in refrigerator.

PREPARATION: Remove stem and blossom ends. Discard defective fruit. Wash thoroughly. Drain. Pack whole without sugar. Use for pies, preserves and jelly.

STRAWBERRIES

SELECTION: Choose fully-ripe, firm strawberries that are bright red in color throughout and have a good flavor. Handle immediately.

PREPARATION: Cap and sort berries; wash a few at a time in iced water. Lift berries out of water; drain. Leave berries whole or slice $\frac{1}{4}$ inch thick.

Pack sliced strawberries in sugar, using 1 part of sugar to 4 parts of berries, by weight. Sliced strawberries retain their flavor better than the whole fruit. Pack whole strawberries in chilled 40% syrup to cover. If a few berries are crushed to form enough juice to cover the fruit, the whole strawberries may be packed with dry sugar, using 1 part of sugar to 4 parts of berries by weight.

Strawberries are best when served just before completely thawed.

To prepare these foods for serving, see directions on pages 66 and 68.

CANTALOUPE and Other Melons

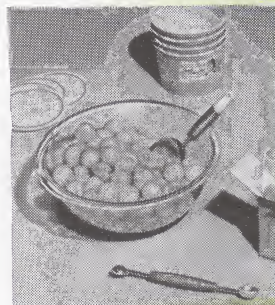
SELECTION: Choose firm, well-ripened melons with characteristic odor and easily-removed stem and ripe skin appearance. Discard immature melons. Handle quickly. If a delay is unavoidable, hold under refrigeration.

PREPARATION: Wash, cut in half, remove seeds, cut in slices, cubes or balls.

Pack melon balls or diced melon with or without sugar; if with sugar, use 1 part of sugar to 4 parts of melon by weight, or cover melon balls or cubes with chilled 40% syrup.

Puréed cantaloupe packed with 1 part dry sugar to 3 parts pulp by weight makes an excellent base for frozen dessert.

Other melons such as Casaba, honeydew, Persian, and watermelon may be prepared according to the above instructions.



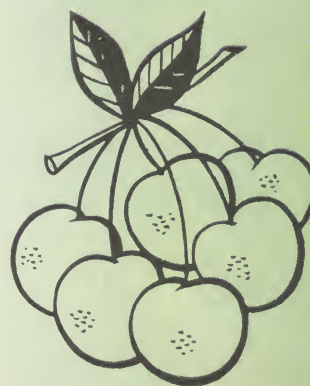
Melon balls of sweet, juicy cantaloupe for salads.



CHERRIES: Sweet

SELECTION: Choose fresh, large, firm, bright red cherries of uniform ripeness and color. Select cherries with rich flavor and tender skins. Cherries should be a little riper than for fresh use. Handle carefully. Use very soft, fully ripe cherries only for crushed or pulped product. If delay in handling is unavoidable, store in refrigerator without removing stems.

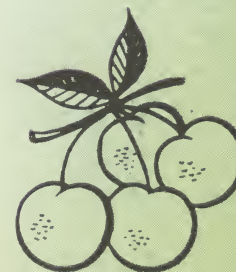
PREPARATION: Stem and sort; wash thoroughly; drain. Cherries may be frozen whole or pitted, as desired. Pits tend to give a pronounced almond-like flavor. Cover whole cherries with cold 40% syrup to which ascorbic acid has been added (see Page 27). Or add 1 part sugar by weight to 4 parts pitted fruit with ascorbic acid. For sundae topping or flavor base for ice cream, pack crushed fruit with ascorbic acid, adding 1 part of sugar to 3 parts fruit, by weight.



: Sour

PREPARATION: Stem, sort, wash thoroughly, drain and pit. Pack with ascorbic acid (see Page 27) and 1 part dry sugar to 4 parts fruit, by weight.

Unsgared, pitted sour cherries have a tendency to discolor rapidly during freezing and defrosting.



To prepare these foods for serving, see directions on pages 66 and 68.

COCONUT



PREPARATION: Pack unsweetened, fresh grated coconut with the coconut milk for an attractive product.

Add 1 part dry sugar to 8 parts shredded coconut by weight, and the coconut milk, for extra-good flavor.

CURRENTS



SELECTION: Choose soft-ripe fruit, discarding soft, mushy currants.

PREPARATION: Wash in cold water and stem. Pack with sugar, 1 part sugar to 3 parts fruit, by weight. Stir gently until enough juice is drawn from fruit to partly dissolve sugar.

FIGS



SELECTION: Choose ripe figs with rich flavor and aroma, and tender flesh and skin. Select figs that are soft but not shriveled. Figs are highly perishable and should be frozen within a day after picking. If delay is unavoidable, hold in refrigerator.

PREPARATION: Wash carefully. Sort, discarding sour, imperfect figs (watch for internal rot in Calimyrnas). Cut off stems; peel, if desired. Halve, slice, or leave whole for attractive pack.

PACKAGING: Package according to size of family, allowing 4 to 5 figs per serving. Pack without sugar; or in 1 part of sugar to 4 parts of fruit, by weight; or in cold 40% syrup to cover.

GRAPES



SELECTION: Choose firm, ripe grapes with sweet, delicate flavor and tender skins. If delay is unavoidable, store in refrigerator.

PREPARATION: Wash and sort, discarding the soft and imperfect grapes. Drain. Pack whole, covered with 40% syrup.

FOR PIES: Prepare Concord and muscadine grapes according to directions above. Then separate pulp and hulls. Boil the pulps for 5 minutes to separate seeds. Boil the hulls for 20 minutes in another kettle to tenderize them; combine the pulps and hulls and mix with sugar, according to your favorite recipe. Cool, pack mixture and freeze. Use in pies, cobbles, or tarts.

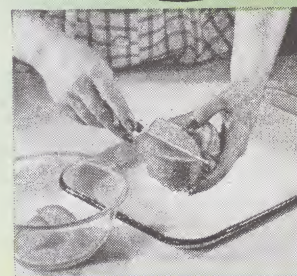
GRAPEFRUIT

SELECTION: Choose fully ripe, well-flavored grapefruit. Thin-skinned, medium-size, heavy varieties that section well are preferable.

PREPARATION: Chill fruit. Wash, peel and remove all white skin. Remove segments by cutting along membrane. Remove seeds. Work quickly, preparing only enough for a few packages at one time.

PACKAGING: Pack grapefruit in its own juice without sugar; or with dry sugar, using 1 part sugar to 4 parts grapefruit segments, by weight; or in a chilled 40% syrup.

Pack grapefruit sections in layers separated by freezer paper for ease in separating when whole segments are desired. May also be packed in fruit combinations.



Divide Grapefruit in natural sections free of membrane.

NECTARINES

SELECTION: Choose firm, full-colored, mature, ripe fruit. Prepare as soon as possible after picking, as fruit ripens quickly at room temperature. If delay is unavoidable, store in refrigerator.

PREPARATION: Sort, wash, drain. Halve or slice and pit as you would apricots. For crushing, fruit can be peeled, but it is not necessary. Cover halves or slices immediately with cold 40% syrup containing ascorbic acid (see Page 27) or pack with ascorbic acid and 1 part sugar to 4 parts fruit, by weight.

Crushed or puréed nectarines should be mixed with ascorbic acid and 1 part dry sugar to 3 parts fruit, by weight.

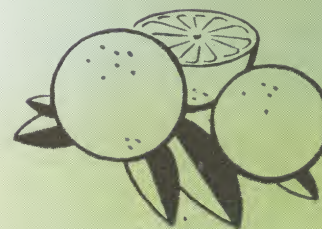


ORANGES

SELECTION: Choose fully ripe, well-flavored oranges. Valencias are preferred.

PREPARATION: Wash and peel. Cut in sections, removing all membrane and seeds.

PACKAGING: Pack oranges in their own juice without sugar; or with dry sugar, using 1 part sugar to 4 parts orange segments, by weight; or in a chilled 40% syrup.



To prepare these foods for serving, see directions on pages 66 and 68.

PEACHES



SELECTION: Choose firm, ripe, mature peaches with low darkening tendency, fine grain, and rich color. Select freestone peaches for easy peeling. Peaches with red centers are desirable. Handle quickly and carefully. Work with a small quantity at a time.

PREPARATION: Wash, sort as to size. Prepare only enough for one container at a time. Scald whole peaches in boiling water 15 to 30 seconds, according to ripeness; then cool quickly in iced water. Remove skin and cut in half to remove stone. Slice directly into cold 40% sugar syrup containing ascorbic acid, or dry pack with ascorbic acid and 1 part sugar to 4 parts fruit by weight (see Page 27). It is important to keep peaches well covered with the syrup or sugar to prevent browning.

Pack a mixture of 1 part sugar with ascorbic acid to 3 parts of coarsely crushed or puréed peaches by weight for a delicious ice cream topping or flavor base.

Use halves and slices for pies, cobblers and fresh desserts.

PEARS



SELECTION: Choose firm, fully matured, ripe pears. Use mushy fruit in other ways. (Pears are not generally recommended for freezing.)

PREPARATION: Wash, dry, peel and core, removing bruises or spots. Place peeled pears in a solution of 1 tablespoon of salt to 1 quart of water, to prevent discoloration. Drain.

PACKAGING: Pack in dry sugar with ascorbic acid (see Page 27). Mix thoroughly, using 1 part of sugar to 4 parts of pears, by weight; or in cold 40% syrup to which ascorbic acid has been added:

PINEAPPLE



Separate Pineapple slices with freezer paper to divide easily.

SELECTION: Choose ripe fruit that is brownish-orange in color and has a fragrant, spicy odor. If pineapple is ripe, leaflike center spines pull out easily.

PREPARATION: Wash and peel, removing eyes and core. Cut into round slices, wedges or cubes. Cover with chilled 40% syrup or pack with dry sugar, using 1 part of sugar to 4 parts of fruit, by weight.

Pack round slices with two circles of parchment paper between slices to facilitate separation. These can be removed whole when partially thawed and are excellent for salads or appetizers.

To prepare these foods for serving, see directions on pages 66 and 68.

PLUMS and PRUNES

SELECTION: Choose soft, uniformly tree-ripened fruit with firm skin. Discard bruised or damaged, immature, and overripe fruit. If necessary, hold only up to two weeks under refrigeration.

PREPARATION: Wash, halve or quarter and remove stones. Peeling is not necessary.

Pack in chilled 40% syrup, with ascorbic acid (see Page 27) or with dry sugar and ascorbic acid, using 1 part sugar to 4 parts fruit, by weight.

Mix plum purée evenly with sugar, using 1 part of sugar to 3 parts of plum purée by weight, with ascorbic acid.

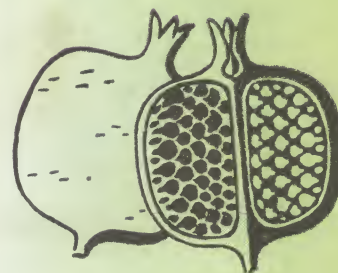


POMEGRANATE

SELECTION: Choose fully ripe fruit in which the drupelets (the red flesh-covered seeds inside) have not turned brown.

PREPARATION: Peel pomegranates. Remove drupelets, and pack them in chilled 40% syrup.

(NOTE: This fruit is not recommended for serving by itself, but it does add color to an assortment of mixed fruits.)



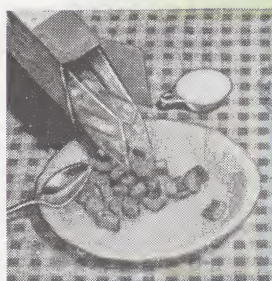
RHUBARB

SELECTION: Choose fresh, tender stalks, deep-red in color, free of fibers, and with sprightly acid taste. Handle promptly. If necessary to hold, store in refrigerator.

PREPARATION: Wash thoroughly, trim, cut into 1-inch pieces. Rhubarb may be packed without blanching.

Pack in containers without sugar or syrup; or pack in sugar, using 1 part of sugar to 4 parts of rhubarb, by weight.

May also be frozen as prepared cooked sauce. Cool, package and freeze.



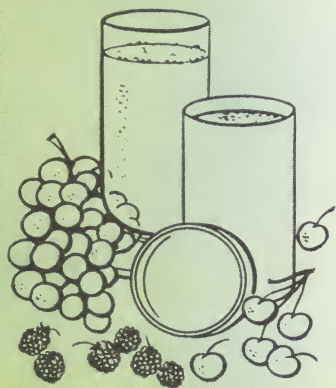
Making pie, with frozen dry pack Rhubarb.



To prepare these foods for serving, see directions on pages 66 and 68.

FRUIT JUICES

GENERAL



SELECTION: Choose fully-ripened, mature fruits and berries. Most fruit juices, including cranberry, cherry, grape, raspberry and strawberry, are suitable for freezing.

PREPARATION: Sort and wash fruits or berries. Crush cranberries, cherries, grapes and berries and heat to 170 degrees F. to separate the juice from the pulp. While hot, strain through a jelly bag. For apricots, peaches or rhubarb, place fruit in kettle, add a little water (not over $\frac{1}{2}$ cup of water per pound of fruit) and simmer 10 minutes, but do not boil. Strain while hot. Chill.

PACKAGING: Pack fruit juices sweetened or unsweetened, as preferred. To pack sweetened, add 1 cup of sugar per gallon of juice; pour into moisture-vaporproof containers to within 1 inch of the top. Freeze immediately.

Any frozen juice when thawed is apt to be more dilute near the top, and oversweet near the bottom. Mix thoroughly before using. Use frozen fruit juices as bases for fruit punch.

CITRUS JUICES



SELECTION: Choose juice-type, well-flavored oranges, grapefruit, lemons or limes. Chill fruit before preparing for freezing.

PREPARATION: Wash chilled fruit; extract juice; remove seeds; strain, if desired. Pour immediately into containers and freeze. It is important to work rapidly in order to preserve nutritive value.

APPLE JUICE • CIDER



PREPARATION: Press fresh apples; heat juice to 170 degrees F. Strain through jelly bag. Cool. Pack sweetened or unsweetened. Apple cider should be heated as above before freezing.

TOMATO JUICE

(See page 24)

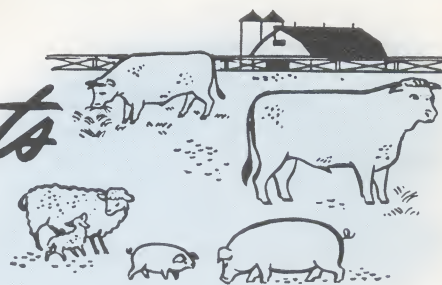
To prepare these foods for serving, see directions on pages 66 and 68.

MEATS, POULTRY, FISH, AND GAME



HOW TO FREEZE

Meats



One of the outstanding advantages of freezer ownership is to have a good supply of various types of meat on hand at all times . . . ready for immediate cooking and serving. The meat you purchase may be stored safely for periods up to one year; you can buy meat "on the hoof" and have it dressed for you, or you can slaughter your own animals and preserve the meat in your freezer.

All meats may be frozen satisfactorily — pork, beef, lamb and veal — including the meat specialties, such as liver, sweetbreads, heart and brains.

Whether you plan to store only an occasional roast or steak, or a large portion of an entire carcass, remember that all meat should be properly cut, boned, and wrapped in the size of cuts needed for cooking and serving.

Freezing does not improve the quality of meat but does retain the original goodness. Meat which is tough and dry when put into the freezer will be tough and dry when taken from the freezer. Select for freezing only those live animals which are young and tender.

A FEW POINTERS ON SLAUGHTERING

Whether you purchase an animal to be dressed for you by someone else, or do your own slaughtering, it is best to choose high grade animals that are moderately fattened and well finished.

An ample fat covering adds palatability to the lean and protects it from drying during storage. A desirable animal is thickly fleshed, particularly in the region of the choice cuts . . . ribs, loin and hind-quarters. Meat from animals that are not properly fattened lacks flavor, tenderness and juiciness. Consider only healthy animals, which are gaining weight at the time of slaughtering. Veterinary inspection is suggested.

A lot of excellent meat is spoiled when

inexperienced persons slaughter and prepare meat for freezing. The equipment necessary for proper slaughtering, cutting and aging is not usually found in homes. We do not recommend that the average person who desires to freeze meats purchase such equipment. This part of the meat freezing procedure may be done for you by an expert butcher or locker plant operator.

CHILLING

Do not expose the freshly slaughtered and dressed meat to any undesirable odors.

Prompt and complete chilling is most important in preventing spoilage and poor quality. Split a beef carcass in half

and wash thoroughly with lukewarm water (about 50 gallons of water will be required). To obtain an internal temperature of 38°F. at the thickest part of the round for a 1,000-pound steer, it will require about 24 hours chilling at 34° F. Chilling only to an internal temperature of 40° F. or higher may result in souring at the hip bone. Use a clean skewer-type thermometer.

Chill the carcasses of hogs, calves, lambs and sheep whole. For pork, open the body cavity and pull loose the leaf fat from the carcass, leaving it attached to the hams. This speeds up the cooling process. The main factor responsible for ham losses in curing is failure to chill the hog carcass promptly to 38° F. or lower at the ham bone. Hog, veal, lamb and mutton carcasses require about 24 hours chilling at 34° F.

If a home chill-room is not available, slaughtering is preferable when the weather is consistently below 40° F. and the carcass can be properly chilled. If a refrigerated room is not available and if the weather is not suitable for proper chilling, use the chilling room in your local locker plant or meat market. Meat cut from warm carcasses is soft, and the cuts will not hold their shape. When warm meat is put into the freezer, freezing takes place very slowly and spoilage may result. If more than one carcass is being hung, see that there is ample air space between them.

AGING

Aging softens the connective tissues and makes meat tender.

Beef of good quality should be aged from 5 to 8 days at 34° to 36° F. Beef of poorer quality should be aged only 4 to 5 days. Lamb or mutton may be

aged 4 to 5 days. Pork and veal should be cut, packaged and frozen just as soon as chilled to a temperature of 38° F. at the bone. The customary temperature for an aging room is 34° to 36° F. Humidity, too, is important in the aging process. If too low, there will be loss of moisture from the carcass. If too high, above 90%, the meat is apt to become slimy, due to bacterial growth.

Longer chilling or aging of meats will hasten rancidity during storage at zero.

APPROXIMATE WEIGHTS

Kind	Live Weight	Trimmed Cuts
Beef	750 Lbs.	338 Lbs.
Hog	225 Lbs.	124 Lbs.
Lamb	90 Lbs.	35 Lbs.
Veal	200 Lbs.	90 Lbs.

Bulletins which describe in detail the approved methods for slaughtering, dressing and cutting beef, pork, lamb and veal are available from the U. S. Department of Agriculture.

CUT TO SIZES YOU'LL NEED

It is suggested you have a nearby butcher or locker plant do the cutting for you. Usually they are glad to perform this service for a reasonable charge.

In determining the size of cuts you wish to preserve, consider the size of your family, likelihood of guests, and your own convenience in cooking. Thin steaks tend to dry out if stored for several months; so to have juicy, tender steaks cut them thick. Package meats in meal-size portions, to eliminate leftovers. Standard portions of meat suitable for family servings are ¼ to ½ pound per person — ¼ pound without bone; ½ pound with bone.

To prepare these foods for serving, see directions on pages 69-70.

BONE MEAT TO SAVE FREEZER ROOM

Boning conserves storage space in your freezer by as much as one-fourth.

Should you occasionally prefer to freeze a cut not boned, be careful to trim all sharp edges of the bone so they will not puncture the wrapping paper. For rib roasts, trim off the backbone, cut the rib-ends back about 1 inch and fold the meat over the edge of the bones. Bone out the less desirable cuts such as brisket, plate and shank, and either cut meat in cubes for stewing or grind.

Make soup stock from the bones you remove. Cool and freeze.

WRAP TIGHTLY AND CAREFULLY

Wrap carefully in moisture-vaporproof paper specially designed for freezing. Before wrapping, shape meat into its most compact form to avoid air pockets. To save space, trim off excess fat. Press paper firmly against meat, forcing out all air pockets—fold edges together in a “drugstore” fold. Close all seams with freezer tape.

Package chops and steaks so that the entire contents of each package will be used up at one meal. Place *two* pieces of freezer paper between steaks and chops to facilitate separation when thawing. Freeze flat rather than rolled, so they may be separated while still frozen.

When packaging ground meat it is

doubly important to wrap tightly to force out the air, if using paper. (See photo below.)

Mark every package plainly with the kind of meat, the cut, size, weight or number, and date of freezing.

STORAGE

If properly prepared, packaged, and frozen and then stored at a constant temperature of 0°F., veal and beef cuts may be kept up to 12 months.

Plan to use lamb and pork cuts in about six months. Due to their high fat content they may become rancid if stored longer.

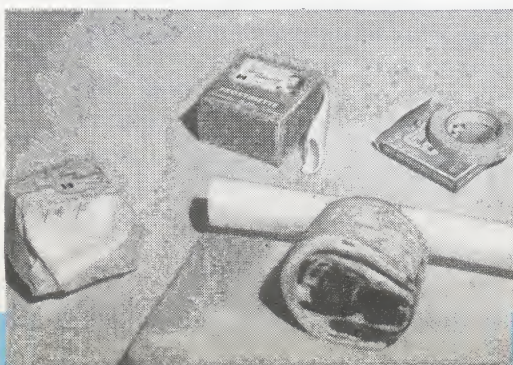
Variety meats such as heart, liver, tongue, brains, etc., should be kept no longer than 4 to 6 months. Hearts and livers may be sliced and packaged the same as steaks.

CURED MEATS

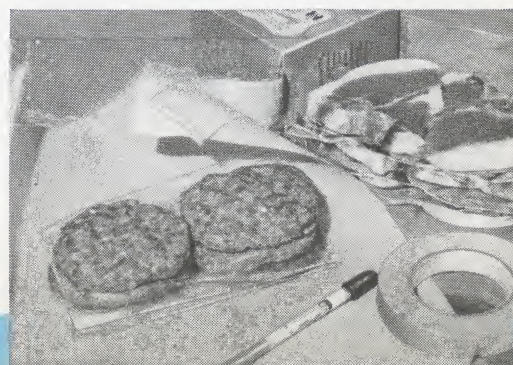
Cured meats may be frozen. However, it is important that they be very tightly wrapped so the smoked odor does not spread to other packages in the freezer. Freeze in portions to be cooked at one time.

The keeping quality of ham and bacon held at zero depends a great deal on how well the meat has been processed, and the type of cure, but it is generally just a few months.

Boning some roasts conserves freezer space; wrap tightly, pressing as much air as possible from package.



Wrap steaks flat, first trimming off sharp bones. Shape hamburger patties; wrap enough for one meal together.



SAUSAGE

In making sausage for freezing it is well to remember that the addition of salt speeds oxidation which results in early development of rancidity. Spices and other seasonings, such as sage, black and red pepper, actually retard the development of rancidity. It is best, therefore, to add all the seasoning ingredients except salt, which may be added just before or during cooking. Because of the potential danger of trichinosis in raw pork, you are cautioned not to taste uncooked samples during preparation.

If salt is added to the sausage before freezing, plan to use it within a short time. If salt is omitted before freezing, it may be kept as long as 6 months.

Delicious sausage is made in the proportion of 50% fat and 50% lean meat when using loin trimmings, back fat, blade meats, shoulders or butts. If the

pork carcass is in very excellent condition, the jowls or belly trimmings may be used in making sausage.

BONES AND TRIMMINGS

Trimmings may be frozen for use as dog food or may be cooked with bones to make excellent soup stock. Package stock in cartons, allowing headspace at the top for expansion of the liquid.

TRICHINOSIS

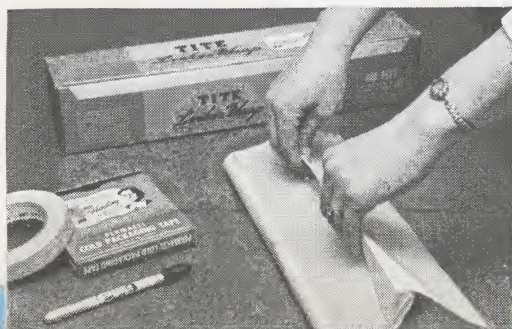
Based on medical research, it appears that when meat no more than six inches thick is refrigerated at temperatures of five degrees Fahrenheit or below for 30 days or more, any trichinae present are rendered non-infective.*

**Journal American Medical Association
Vol. 129; Dec. 29, 1945, Page 1254.*

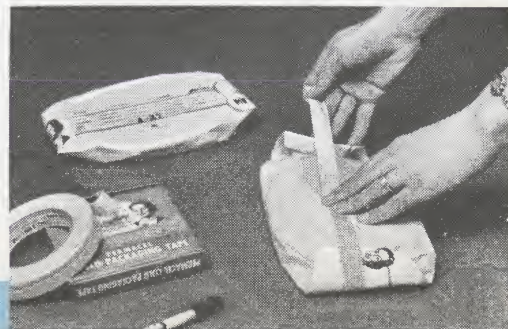
*also
Journal Agricultural Research, 1916
Vol. 5, No. 18, Pages 819-854.*

To prepare these foods for serving, see directions on pages 66 and 69, 70.

The drugstore fold is recommended for efficiency and economy. Bring the edges of the paper together and fold over until it fits tightly around the article being wrapped. (At least two folds.)

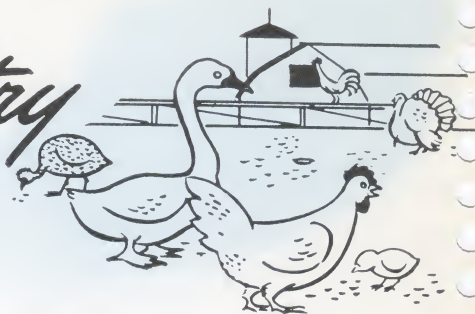


Press out as much air as possible, then fold the ends over to make a tight package — at least two folds. Seal with Permacel tape.



HOW TO FREEZE

Poultry



Your International Harvester Freezer will provide your table with a continuous supply of excellent poultry . . . chickens, ducks, guineas, turkeys . . . fryers, broilers, roasters. If you have your own flocks you can store away surpluses as they occur. If you must rely on retail sources of supply you can take advantage of periods when poultry is plentiful and prices are attractive.

Poultry may be successfully stored in your International Harvester Freezer for as long a time as a year.

KILLING

Prior to killing, provide plenty of drinking water; but take away food for 16 to 24 hours, to empty crop and intestines. This permits better bleeding, easier drawing, and improves the flavor of the meat. Good bleeding is essential to well-flavored meat and good freezing preservation. Do not use any fish meal or fish oil in the feed for two weeks before killing. Killing may be done by dislocating the neck, beheading or sticking. Regardless of the method used, the bird should hang by the legs to insure proper bleeding.

PICKING, COOLING AND DRAWING

Avoid over-scalding to remove feathers. Dip bird in water at a temperature of 120 to 130°F. for approximately 30 seconds, or until wing and tail feathers pull out easily. The vessel of hot water should be deep enough to completely cover the bird, except the feet. Remove wing and tail feathers first, then leg feathers, and lastly the body feathers. Remove pinfeathers by singeing. Chill, to harden fat before drawing. Draw, wash, and drain thoroughly. Chill thoroughly before cutting and wrapping.

Prompt cleaning, followed by thorough chilling for a period of 12 hours before freezing, tends to retard bacterial action which would injure the flavor and texture of the meat. Freezing should follow immediately after the chilling period. Poultry darkens and develops poor flavor during storage when it is not properly prepared. Darkening may be caused by the red bone marrow seeping through the bones.

HOW TO PREPARE ROASTERS

Roasting chickens, capons and turkeys must be drawn and thoroughly cleaned in exactly the same way you would prepare them for immediate roasting.

Wrap the giblets in freezer paper and freeze separately. Tie the wings and legs close to the body so that the wrapping will fit snugly, and so that space in

To prepare these foods for serving, see directions on pages 70-72.

the freezer will be conserved. Plastic (polyethylene) bags are ideal for packaging poultry. Put bird in bag and lower bag about $\frac{3}{4}$ way into tub of hot water ("dishwater" temperature), being careful not to let any water get inside the bag. The hot water will collapse the soft, pliable plastic film against the bird, expelling all air from the bag. Twist the part of the bag remaining out of water until you have a tightly twisted end. Loop this end double and bind middle of loop with a strong rubber band.

Research has shown that bread dressings should be frozen separately, not as stuffing inside either fowl or fish. It may be cooked in a separate pan, or thawed and placed inside the fish or fowl before roasting or baking.

HOW TO PREPARE BROILERS

Split broilers in two, down the back and along the keel or breastbone. Remove backbone. Place two pieces of freezer paper between the halves to make it easy to separate them; then wrap the two securely in plastic bag or freezer paper.

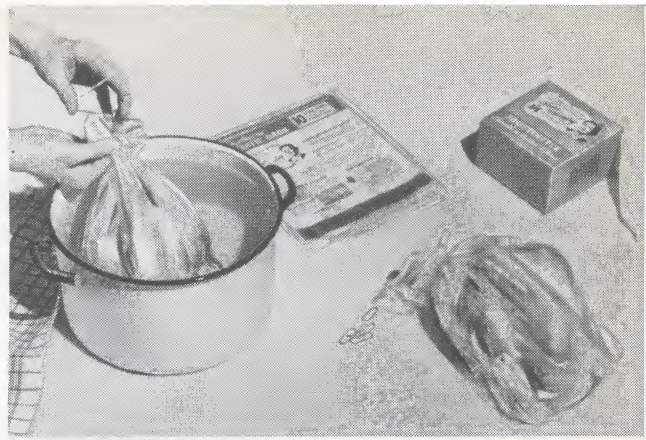
HOW TO PREPARE FRYERS AND STEWING CHICKENS

Cut fryers and stewing chickens into all the usual joints or parts. Remove excessive fat around the abdominal cavity and wishbone. Clean the giblets and the neck thoroughly. Pack in carton, plastic bag or wrap tightly in moisture-vapor-proof paper.

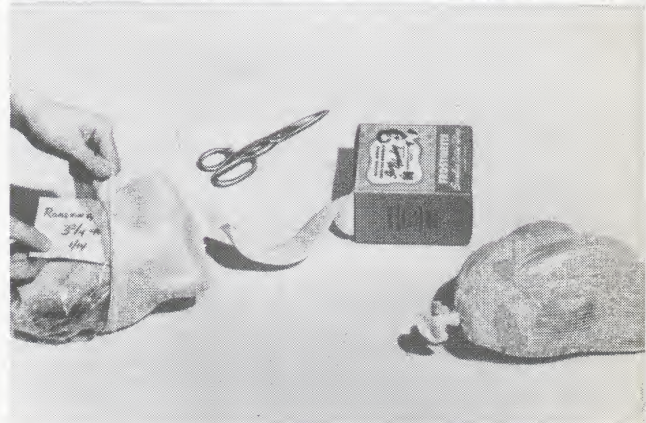
BE SURE TO MARK POULTRY, TOO

Before freezing poultry be careful to label each package with the kind of fowl it contains, how prepared, the weight, and the date of freezing.

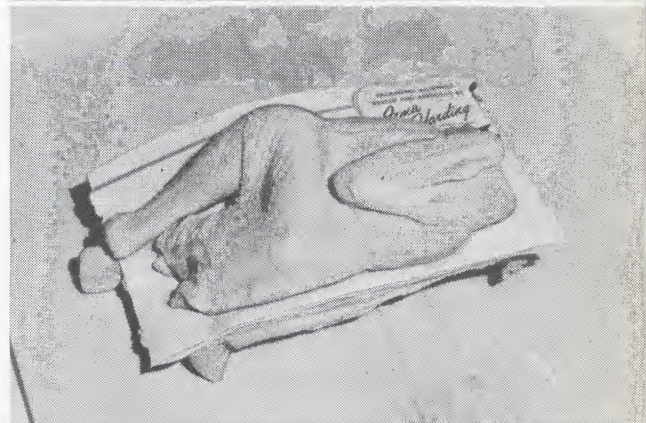
To prepare these foods for serving, see directions on pages 66 and 70.



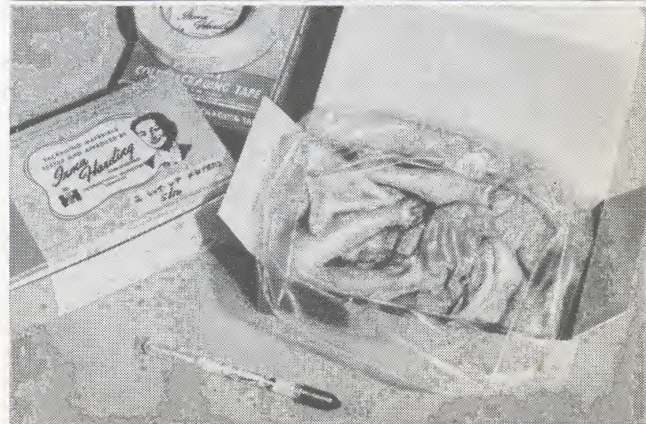
Tie wings and legs of roasting fowl closely; large bags make handy wrappings for roasters.



Slipping wrapped poultry into Frostinette protects wrapper.

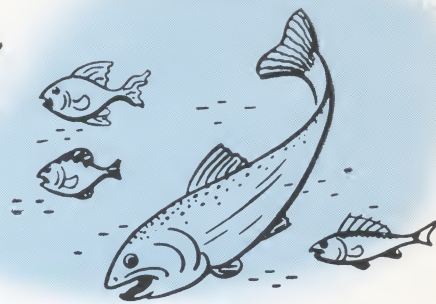


Freeze broilers in halves, with two thicknesses of freezer paper between to prevent freezing together.



Cut fryers and stewing chickens into desired pieces; place in cartons or wrap for freezing.

HOW TO FREEZE *Fish*



Plan to serve frozen game fish out of season. They are delightful. Your guests, especially, will enjoy them. Your International Harvester Freezer will preserve fish splendidly if they are *kept cold* and *cleaned* and *frozen quickly*. Store fish only 4 to 6 months for best results. Lean fish will keep for a slightly longer period of time than will fatty fish. Lean fish include: flounder, cod, haddock, halibut, rosefish, sea bass, sea trout, whiting, carp, yellow perch, and yellow pike. Fatty fish include: mackerel, salmon, shad, catfish, lake trout and whitefish.

FREEZE FRESH FISH

Freeze fish the same day they are caught if possible. Otherwise, be sure to keep fish refrigerated until ready to freeze.

PREPARE AS FOR IMMEDIATE USE

Clean fish exactly as for immediate cooking. Remove fins, head and tail, if that is customary. Wash thoroughly. Small fish may be frozen whole; large fish cut into steaks or fillets or boned strips.

Next, in the case of all fish of the lean type, immerse the fish or fillets for 20 seconds in a chilled salt brine (to each quart of water use one-fourth cup of salt). This treatment firms the fish and reduces leakage when thawed. Do not salt fatty fish such as mackerel and salmon as they would then develop a salt fish odor during storage.

WRAP IN FREEZER PAPER

Wrap sufficient fish for one meal in each package. If this means more than one piece of fish is in the package, separate

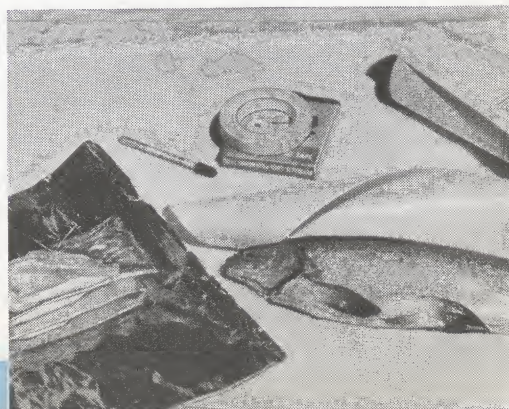
Wrap fish in moisture-vaporproof paper. When wrapping fish fillets, separate them with two thicknesses of freezer paper.

To prepare these foods for serving, see directions on page 72.

the pieces with two thicknesses of freezer paper. Outside wrapping of moisture-vaporproof freezer paper must be pulled tightly to exclude air pockets. If you prefer, you may pack individual pieces in moisture-vaporproof cartons. Wash the hands before adding the final wrapping so that no odor of fish is transferred to the outside of the package. Freeze immediately. To remove the fishy odor from your hands, rinse them frequently in lukewarm water that contains several slices of lemon.

STUFFED WHOLE FISH

Research has shown that bread dressings should be frozen separately, not as stuffing inside either fowl or fish. It may be cooked in a separate pan, or thawed and placed inside the fish or fowl before roasting or baking.



SHELLFISH

CLAMS

Choose only fresh, live clams. Shuck clams and rinse thoroughly in salt water ($\frac{1}{2}$ cup salt to 1 gallon of cold water). Pack, seal and freeze immediately.

CRABS

Clean hard-shelled crabs. Place in boiling salted water, using $\frac{1}{2}$ teaspoon of salt to 1 quart of water, for 15 to 20 minutes. Cool thoroughly. Remove edible meat, keeping body and claw meat separate, if desired, for packaging. Pack in moisture-vaporproof cartons to within $\frac{1}{2}$ inch of the top. Seal and freeze immediately. Store only 4 to 6 months.

LOBSTERS

Place live lobsters in boiling salted water for 20 minutes. Cool thoroughly. Remove the edible meat from the shells. Pack. Seal and freeze immediately.

OYSTERS

Choose only strictly fresh, live oysters. Shuck oysters as for immediate use. Wash oyster meats in fresh salted water ($\frac{1}{2}$ cup salt to 1 gallon of cold water). Drain, pack, seal, and freeze immediately.

SCALLOPS

Prepare ready for cooking and rinse thoroughly in salt water ($\frac{1}{2}$ cup salt to 1 gallon of cold water). Pack, seal and freeze immediately.

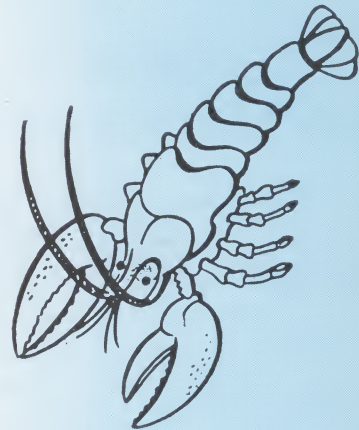
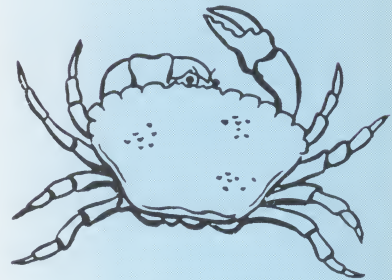
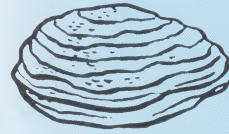
SHRIMPS

Strictly fresh, large-size shrimps may be packed for freezing shelled or unshelled, cooked or uncooked. Packing shelled shrimps reduces the preparation time when you serve them and conserves freezer space.

Freezing Raw in the Shell: Wash (remove heads and sand vein if not done before), wash again in salt water (2 tablespoons per 1 quart of cold water). Drain thoroughly. Pack, seal and freeze immediately. This is by far the most satisfactory method for freezing shrimps.

Freezing Shelled, Cooked Shrimps: Wash in salted water (heads removed); drain. Cook in boiling water for 10 minutes; cool thoroughly. Shell and remove black vein, if this wasn't done when head was removed. Rinse under cold running water; drain. Pack in moisture-vaporproof containers to within $\frac{1}{2}$ inch of the top. Freeze immediately. Cooked shrimps tend to toughen during storage.

To prepare these foods for serving, see directions on page 73.



HOW TO FREEZE

Game



Your International Harvester Freezer makes it possible to enjoy game for many months after the open season.

However, the freezing and storage of game meat is restricted in many states and you should familiarize yourself with these state laws in the locality where you live and hunt. Consult local game wardens.

Warm, freshly killed game needs even more prompt attention than domestic meat animals. Spoilage starts quickly, particularly in the area of the wound.

BIG GAME

Deer, moose, antelope and other big game should be bled immediately after killing and then drawn. Wipe the body cavity with a clean cloth to remove any remaining blood. Do not wash with snow or water, since this speeds spoilage. If it should be snowing or raining, protect the carcass with canvas or burlap. If the weather is very warm, protect the meat against flies by covering with cheesecloth or sacks.

Frozen food locker plants have experienced butchers who will cut the meat properly into roasts and steaks of the size you designate.

Package and freeze in moisture-vapor-proof paper exactly like the meat of domestic animals, as described on pages 39 and 40.

SMALL GAME ANIMALS

Rabbits, squirrels and other small game animals should be dressed as soon as possible after shooting. Bleed immediately. Skin and wash well in clean cold water. Chill thoroughly. Prepare

and freeze only the thick back and hind quarters to conserve freezer space. Use the ribs, neck and forelegs, while fresh, for stews. Because small game meat has little protective fat, careful wrapping to prevent dehydration is important.

GAME BIRDS

Draw birds as soon as possible after they have been shot. If there isn't time to do a thorough job, at least remove the craw and intestines. If birds are not drawn promptly, the flavor of the meat is sometimes spoiled by the partly digested food, or the meat may be tainted by the wounds. Chilling so that the body heat may be lost quickly is important.

Plucking the birds is preferable. Skinning causes a loss of flavor and the meat will be drier. Wash thoroughly before packaging. Birds that are to be roasted and birds which do not lend themselves to disjointing should be packaged whole for freezing. Tie legs and wings tightly to the breast to save storage space. Wrap giblets separately. Wrap bird in moisture-vaporproof paper and freeze.

To prepare these foods for serving, see directions on page 74.

BAKERY GOODS



HOW TO FREEZE *Bakery Goods*



Imagine a wide variety of your choicest baked goods . . . breads, rolls, cakes, cookies, pies . . . stored in your International Harvester Freezer, ready to serve, almost on a moment's notice! This is rapidly becoming one of the most popular uses for the modern home freezer. When you buy or bake, make a practice of doubling or tripling the normal amount — part to be used at once, the rest to be wrapped and frozen. What a great convenience when guests arrive unexpectedly!

BREAD

YEAST BREADS—*Baked*

What a thrill it is to have a batch of bread or rolls just as fresh as the day they were baked, waiting in the freezer until needed. Doughnuts and oven-fresh coffee cakes and rolls are always appreciated, too.

After bread or rolls have baked and cooled, wrap in freezer paper and freeze. May be stored up to 12 months.

Unbaked

Freezing unbaked bread and rolls is usually less satisfactory than freezing the baked product. Storage time is limited — and the leavening may be less effective after freezing and thawing.

Prepare yeast dough for bread or rolls and let rise to double in bulk. Place bread in pans as though for immediate baking, grease well, wrap and freeze. Shape cloverleaf, butterhorn, parker house, or other rolls. Grease well, freeze on baking sheet and package after freezing.

Store unbaked yeast breads up to two weeks only.

To prepare these foods for serving, see directions on pages 66 and 75, 76.

Baked bread and rolls will melt in your mouth after a year's storage in your home freezer.



Coffee cakes and sweet rolls are baked, cooled, packed and frozen.



Partially Baked

Rolls may be partially baked, then frozen and, later, finished in the oven when ready to be used. To prepare for freezing, let the rolls rise only about half as high as if to be completely baked, then bake at 300° for about twenty minutes, or until a very pale tan. Cool, package, and freeze. Overwrap commercially baked "Brown 'n Serve" rolls with moisture-vaporproof materials before freezing. Store up to 3 months.

QUICK BREADS

Make feathery-light baking powder biscuits, using your favorite recipe. Bake, cool and wrap for freezing.

Other popular quick breads, i.e., nutbread, gingerbread and muffins, are also excellent after freezing.

CAKE

Baked

Cakes of all kinds may be frozen after baking and cooling. Baked cakes of most types may be stored 6 to 8 months in the freezer. Fruit cake is satisfactory up to 1 year.

Freezing cakes eliminates the last minute rush which often attends holiday meals, birthday parties and other special occasions at which cake may be served. It is good economy to freeze the left-over part of a cake or portions of cakes suitable to the family's needs.

Unfrosted cakes may be packaged easily in moisture-vaporproof wrapping material and frozen.

Frosted cakes may be successfully frozen too. Uncooked icings are most satisfactory. (The cooked ones often become sticky after freezing and thawing.) Fillings are not generally recommended for cakes to be frozen because they may cause sogginess. Frosted cakes may be partially frozen before wrapping to facilitate handling.

Unbaked

Though usually considered less convenient, unbaked cake batter may also be frozen. Freeze batter in moisture-vaporproof cartons or in the utensil in which it is to be baked. In the latter case, the batter may be frozen until firm, then packaged pan and all, in moisture-vaporproof material. Unbaked cupcakes in paper baking cups may be frozen in the pans, then removed and packaged.

Unbaked cake batters may be stored up to 2 months. See page 76 for baking directions.

To prepare these foods for serving, see directions on pages 66 and 75, 76

The following recipes are excellent for cakes to freeze.

PINK PARTY CAKE

2 ½ cups sifted cake flour
1 ½ cups sugar
3 ½ teaspoons baking powder
1 teaspoon salt
½ cup vegetable shortening

¾ cup milk
¼ cup maraschino cherry juice
1 teaspoon vanilla
2 teaspoons almond extract

4 egg whites, unbeaten
⅓ cup maraschino cherries,
well drained and very finely
chopped
½ cup pecans, finely chopped

Sift flour, sugar, baking powder and salt together in a mixing bowl. Drop in shortening. Combine milk and maraschino cherry juice. Add ¾ cup of this liquid and flavoring. Mix well. Add remaining liquid and egg white and mix well. Add cherries and nuts and blend. Bake in two deep 9-inch greased layer cake pans in 375° F. oven 20-25 minutes. Cool. Spread with Pink Frosting. Place in freezer to harden; package and freeze. Can be stored for 6 months. To serve, allow about 2½ hours for cake in its original wrapping to thaw at room temperature.

PINK FROSTING

¼ cup butter
1 teaspoon vanilla
½ teaspoon almond extract

½ teaspoon salt
4 cups sifted confectioners' sugar

9 tablespoons cream
(scalded)
Red food coloring

Combine butter, vanilla, almond, salt, and blend. Beat in ½ cup sugar. Add hot cream, alternately with remaining sugar, beat well after each addition. Add only enough cream to make a nice spreading consistency. Before spreading frosting on cake, add a few drops of red coloring to tint frosting a delicate pink.

INDIVIDUAL PINEAPPLE UPSIDE-DOWN CAKES

½ cup shortening
1 cup sugar
1 teaspoon vanilla
2 eggs

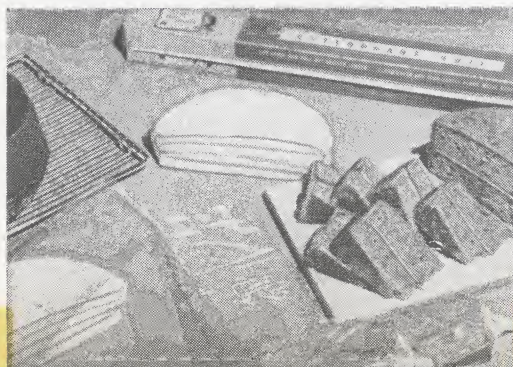
1 ¾ cups sifted cake flour
1 tablespoon baking powder
¼ teaspoon salt

½ cup milk
⅓ cup butter
1 cup brown sugar
8 canned pineapple rings

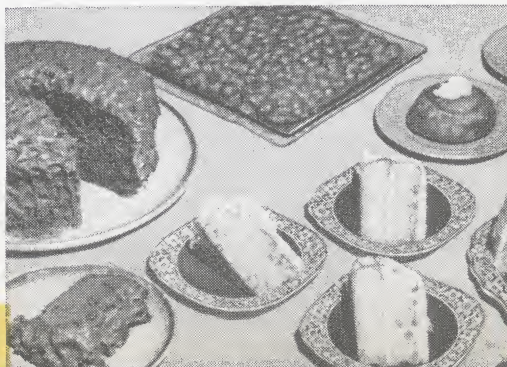
Cream shortening and sugar together until fluffy. Add vanilla. Add eggs one at a time, beating well after each addition. Sift flour with baking powder and salt and add alternately with milk. Melt two teaspoons of butter in each of 8 individual baking dishes (4½-inch diameter). Add two tablespoons brown sugar. Lay pineapple slice on brown sugar and butter. Pour cake batter over fruit. Freeze. After batter is frozen, remove from dishes and package in moisture-vaporproof material and store in freezer.

To bake: Unpackage, replace in individual baking dishes, and bake 45 minutes at 350° F., without preheating oven. Yield: 8 cakes.

Freeze cakes whole, in halves
or slices (for lunch boxes).



Thawed, frozen cakes!
Chiffons, upside downs, individuals—all perfect!



CHOCOLATE BASKET

½ cup sifted cake flour
½ teaspoon baking powder
¼ teaspoon salt

4 eggs
¾ cup granulated sugar
1 teaspoon vanilla
2 squares unsweetened chocolate

2 tablespoons sugar
¼ teaspoon baking soda
3 tablespoons cold water

Sift flour, baking powder, and salt three times. Place eggs in deep bowl and gradually add ¾ cup sugar while beating, until eggs are thick and lemon colored. Add flour mixture all at once, stirring until well mixed. Add vanilla. Melt chocolate. Remove from heat and add the 2 tablespoons sugar, soda and water. Stir until thick and light. Fold quickly into batter. Blend well. Pour batter into 8 ungreased custard cups and bake at 375° F. for 20-25 minutes. Remove and, while still warm, hollow out center to form a basket, leaving about ½-inch rim.

SNOW— Brush a small amount of corn syrup around edge of chocolate basket and onto this sprinkle shredded coconut.

BALLS— Divide 1 quart vanilla ice cream into 5 portions and tint each portion a different color with vegetable coloring. Place in freezer to harden. With a ½-teaspoon measuring spoon or melon ball scoop make balls and place one of each color in basket. Package individually and freeze. Serve directly from the freezer. One month storage.

CAKE ROLL

½ cup sifted cake flour
½ teaspoon baking powder
¼ teaspoon salt
4 eggs

¾ cup granulated sugar
2 squares unsweetened chocolate
1 teaspoon vanilla
2 tablespoons sugar

¼ teaspoon baking soda
3 tablespoons cold water
1 pint mint ice cream
1 pint strawberry ice cream

Sift flour, baking powder, and salt three times. Place eggs in deep bowl and gradually add ¾ cup sugar while beating mixture. Continue to beat until eggs are thick and lemon colored. Add flour mixture all at once, stir until well mixed. Add vanilla. Melt chocolate. Remove from heat and add immediately the 2 tablespoons sugar, soda and water. Stir until thick and light. Fold quickly into batter. Blend well. Turn into a greased, oblong pan (15 x 10 x 1 inches), lined with waxed paper and greased again. Bake 15 minutes at 375° F. Remove immediately and turn out on a clean towel. When cool, spread half of cake with mint ice cream and half with strawberry. Roll as for a jelly roll. Package and freeze. Serve directly from the freezer. Storage period—2 months.

RIBBON CAKE

Angel food cake
(loaf 10 x 5 x 3 inches)
1 pint strawberry ice cream
1 pint mint ice cream
1 pint whipping cream

1 tablespoon sugar
1 teaspoon vanilla
1 box (3 ½ oz.)
shredded coconut

Cut cake lengthwise in three layers. Spread strawberry ice cream between first layer and green mint ice cream between second layer. (You may substitute your preference for color and flavor of ice cream.) Place cake in freezer. Whip cream; add sugar and vanilla, and blend. Frost top and sides of cake with whipped cream. Cover with shredded coconut and return to freezer until whipped cream is hard. Wrap and store in freezer. Serve without thawing. One month storage.

To prepare these foods for serving, see directions on pages 66 and 75, 76.

CREAM PUFFS

1 cup flour
¼ teaspoon salt

½ cup butter

1 cup boiling water
4 eggs

Sift flour, measure; add salt and sift again. Combine shortening and boiling water in saucepan; keep over low heat until butter is melted. Add flour all at one time and stir vigorously over low heat until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add unbeaten eggs, one at a time, beat thoroughly after each addition; continue beating until a thick dough is formed. Drop by tablespoonfuls onto a greased baking sheet, about 2 inches apart. Bake in a 425° F. oven about 50 minutes or until beads of moisture no longer appear on the surface. Do not open oven door during early part of baking. Cool, package and freeze. Can be stored 1 month.

To serve: Remove from freezer and thaw, in wrapping, 10 minutes at room temperature. Fill puff with ice cream or cream filling. If you wish, you can fill puffs with ice cream before freezing. Allow to thaw about 5 minutes before serving.

COOKIES

Cookies may be frozen either before or after baking; the choice is one of convenience, and personal taste. The dough is easier to package and requires less freezer space than do baked cookies. Baking them before freezing saves time.

BAKED COOKIES

Cool, wrap carefully in freezer paper and freeze. Store up to 8 months. To use, thaw at room temperature or in moderate oven (350° F.).

ROLLED COOKIE DOUGH

Roll dough and cut out cookies. Stack cookies with two pieces of paper between layers to keep them from freezing together. Store up to 6 months. Bake without thawing.

UNROLLED COOKIE DOUGH

Wrap dough in freezer paper and freeze. Store up to 6 months. To use, slice while still frozen and bake.

DROP-COOKIE DOUGH

Drop dough on cookie sheet ¼ inch apart. Place in freezer. When frozen, package in carton with two layers of paper between each layer. Store up to 6 months. To bake, remove from carton, without thawing, and immediately bake like the freshly made product.

To prepare these foods for serving, see directions on pages 66 and 75, 76.

Try this cookie recipe next time you put cookies in your freezer!

6-IN-1 COOKIES

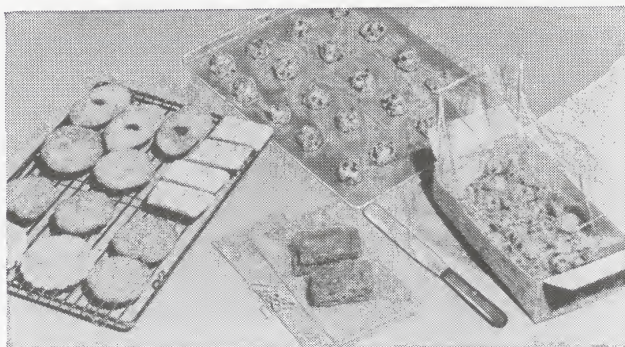
1 cup butter
½ cup brown sugar
½ cup white sugar
1 egg, beaten
½ teaspoon vanilla

2 cups all-purpose flour
½ teaspoon soda
¼ teaspoon salt
½ square bitter chocolate,
melted

¼ cup shredded coconut
¼ cup chopped raisins
¼ cup chopped pecans
½ teaspoon cinnamon
¼ teaspoon nutmeg

Cream butter. Gradually add sugar. Continue creaming until mixture is light and fluffy. Add egg and vanilla. Mix well. Sift flour, soda and salt together and gradually add to mixture. Beat well after each addition. Divide dough into 6 equal portions. To one portion add chocolate, coconut to another, raisins to one, pecans to another, cinnamon and nutmeg to another, and leave the last portion plain. Shape each portion into a roll 1¾ inches in diameter. Wrap and freeze. 6 months storage.

To bake: Remove from freezer. Slice frozen dough ½ inch thick. Bake on cookie sheet in 375° F. oven 10-12 minutes.

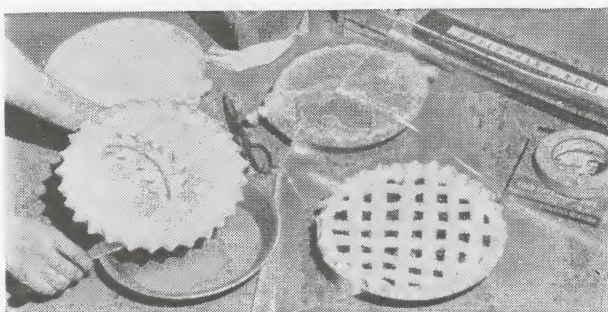


Cookies may be frozen either baked or unbaked with excellent results.

PIES

Prepare several extra pies for freezing at the same time you make one for immediate use. Then you'll have a pie ready to pop into the oven at a minute's notice, for either heating or baking. It saves time and labor.

Pies and pastries freeze well, either baked or unbaked. Use only the best ingredients, particularly shortening.



Freeze unbaked pie in pie tin, lift out easily, package and return to freezer. Only a minimum number of pie tins is necessary using this method.

Unbaked Pies

Make pies to be frozen in exactly the same way as for baking. Open-face pies such as pumpkin are more easily handled if frozen before packaging. Prepare pies in metal or glass baking utensils or in special metal-rimmed paper baking plates. They may be packaged right in the utensil, or, if you have a limited number of pie tins, freeze pie, then remove frozen pie from tin and package. Package all pies in moisture-vaporproof materials. Store in freezer up to 6 months.

In general, pies that have been frozen unbaked have flakier, more tender crust, fresher aroma, and flavor than do those baked before freezing.

Baked Pies

Bake pie as usual. When cool, wrap and freeze.

To prepare these foods for serving, see directions on pages 66 and 75, 76.

HOW TO FREEZE *Dairy Products*



It is economical to freeze dairy products when they are plentiful. The preparation is simple, and your International Harvester Freezer will preserve the fresh quality of these foods for later enjoyment.

BUTTER

Rewrap, or overwrap, each pound of commercially made butter in moisture-vaporproof freezer paper before freezing. Butter made from sweet pasteurized cream is best for freezer storage; that made from sweet unpasteurized cream doesn't retain high quality as long. Butter made from unpasteurized sour cream may become strong and rancid in just a few weeks of freezer storage.

Pasteurize sweet cream by heating to 142-145 degrees F. and holding at that temperature for 30 minutes. Stir frequently. Then cool quickly to 50 degrees F. Allow this cream to stand at least three hours before churning. After churning, remove all buttermilk. Add salt only if butter is to be used within six months. (Salt causes more rapid development of rancidity in fats.) Form butter into prints of desired size. Chill until firm.

Wrap each print of butter in moisture-vaporproof paper; seal securely, excluding all air. Freeze only fresh, high-quality butter. If salted, it keeps well up to 6 months; if unsalted, 6 to 12 months.

CHEESE

Most types of hard cheese, both "natural" and processed, are satisfactory after freezing. Cut cheeses into pieces which may

be used within a few days after thawing. Wrap and seal in moisture-vaporproof packaging material before freezing.

Cottage cheese with no cream added is best for freezing. Curd from pasteurized milk should be washed and may be lightly salted. Package in convenient size moisture-vaporproof containers.

Most cheeses may be kept 4 to 6 months in the freezer.

CREAM

Use sweet, rich cream containing 40-60% butterfat. Freeze in the early summer for fall and winter use. Cream with very small fat globules, like that from Holstein cows, is most satisfactory for freezing.

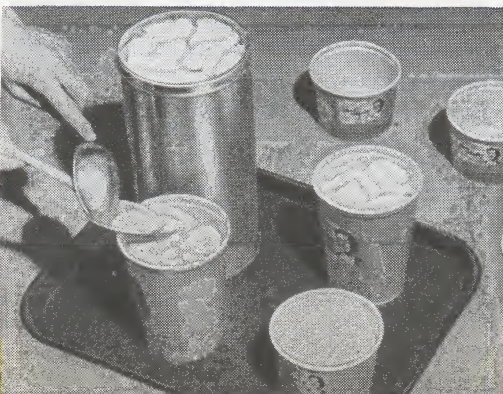
After separating, pasteurize the cream immediately (within 1 hour) at 142-145 degrees F. for 30 min., using any equipment other than copper or iron. Cool immediately to 50 degrees F. or lower.

Pack pasteurized cream in cartons of a size to hold just enough cream for use at one time. Freeze immediately. Store cream not longer than 6 months.

ICE CREAM and SHERBET

Prepare ice cream or sherbet using any favorite recipe. Store in refrigerator or hand-operated ice cream freezer in original containers if for a few hours only. For longer storage, repack in moisture-vaporproof containers. High quality ice creams prepared from pasteurized cream and milk retain fresh flavor 1 to 2 months in freezer storage. Those prepared from cream of high fat content retain smooth texture

*To prepare these foods for serving,
see directions on page 74.*



Pack homemade ice cream in pint or quart size cartons for delicious eating.

longer than those containing light cream.

Never refreeze melted ice cream!

Fresh, high quality commercial ice cream may be stored in the freezer in original containers or repacked in smaller moisture-vaporproof containers, and may be stored satisfactorily 1 to 2 months.

WHIPPED CREAM "DOLLOPS"

Whip fresh cream, sweeten to taste. Drop spoonfuls on baking sheet or aluminum foil and place in freezer. When solidly frozen, package in moisture-vaporproof containers, separating layers with pieces of freezer paper. Storage time, 1 month, or more, depending on quality of cream used.

ICE CREAM PIE

This ice cream pie makes a perfect conclusion for a delightful dinner and is especially nice when used as a feature of a Christmas or Valentine party where bright reds are so essential.

2 cups graham crackers
1/4 cup sugar
1/2 cup butter

1 tablespoon water
1 quart vanilla ice cream
1 package frozen strawberries

Roll crackers very fine, stir in sugar and gradually add to softened butter, mixing thoroughly. Stir in water. Form shell by pressing mixture over bottom and sides of 9-inch pie pan. Mound the ice cream in pie shell. Allow berries to thaw only enough to separate in chunks and arrange berries around edge of shell and in center of pie. Your favorite frozen fruit may be substituted for strawberries. Wrap and freeze. Serve from the freezer. Two months' storage.

ICE CREAM CUPS

1 package semi-sweet chocolate bits

2 tablespoons butter
Ice cream

Melt chocolate with butter. With a spatula, brush a rather thick coat of chocolate mixture on the bottom and sides of 8 small paper baking cups with fluted edges. Freeze. Peel off paper, allow to thaw about 15 minutes and fill with scoops of ice cream.

ICE CREAM MAN

This gay little fellow will be the life of any party and the kiddies will love him!

Any flavor ice cream can be used, depending upon your party color scheme or the special event which you are celebrating. He makes a tasty ice cream treat at hobo parties, or as "St. Nick" at Christmas affairs and the like.

Ice cream
Marshmallows
Penny lollipops

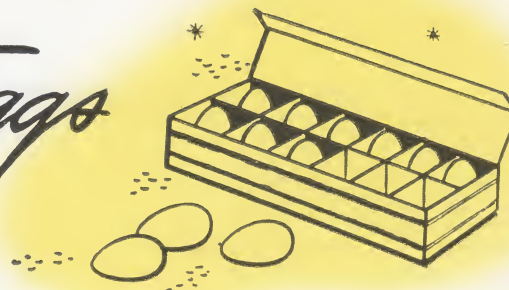
Maraschino cherries
Bakers chocolate
Currants

Form large ball of ice cream with ice cream scoop or large spoon. Form smaller ball in like manner and place on top of large ball. Melt chocolate and with a toothpick draw eyes, nose, and mouth on a marshmallow. Place marshmallow on small ball of ice cream and place a maraschino cherry on top of marshmallow for a hat. These can be held together with toothpicks, if necessary. Insert lollipops for arms. Place currants down the front for buttons. Harden in freezer. Wrap in moisture-vaporproof cellophane bag and store in freezer. Serve directly from the freezer. 1 quart ice cream makes four men. Two weeks' storage.

To prepare these foods for serving, see directions on pages 66, and 74, 75.

HOW TO FREEZE

Eggs



Freeze eggs when they are plentiful and reasonably priced, for use later when they are scarce and prices are high. Use eggs with cracked shells while fresh, rather than freezing them.

Eggs should never be frozen in the shell. Freezing causes them to expand and break. Egg yolks and whites may be frozen together, or separately. Use *only* clean, infertile eggs with sound shells for freezing. After removing the shells, the whole eggs, whites, or yolks should be packed in usable quantities—just enough for one meal, for use in salad dressing, or for cooking or baking. Label each package carefully as to contents, amount, date and intended use. Eggs may be kept frozen for 6 to 8 months, without loss of quality, at zero degrees F.

WHOLE EGGS

Allow strictly fresh eggs to age 3-5 days, at 70 to 80 degrees F., before freezing. Break each egg into a saucer, to be sure that it is odorless, before pouring it into a clean mixing bowl. Break the yolks and mix the whites and yolks thoroughly with a rotary beater. Avoid beating vigorously as this will whip air into the eggs. If the eggs are to be used for making cakes, sweet desserts, or other baking, add 1 tablespoon of sugar or corn syrup for each pint of liquid whole eggs (about 8 medium-size eggs). If the eggs are to be used in omelets, custards, souffles, or scrambled, add 1 teaspoon of salt to each pint in place of the syrup or sugar. Strain the mixture through wire

sieve, package and freeze. The addition and thorough mixing with the syrup or salt decreases the thickness or gumminess of the thawed eggs.

EGG WHITES

Separate the whites from the yolks. The whites require nothing added and no mixing. They do not coagulate during freezing. Package and freeze.

EGG YOLKS

Separate the egg yolks; add 2 tablespoons of sugar or corn syrup; or, 1 teaspoon of salt to each pint. Blend carefully but thoroughly with a rotary beater but avoid whipping in air. Unbeaten yolks tend to become lumpy when defrosted. Strain mixture through wire sieve. Package. Skim off any air bubbles from the surface before freezing, to prevent crusting. Freeze immediately.

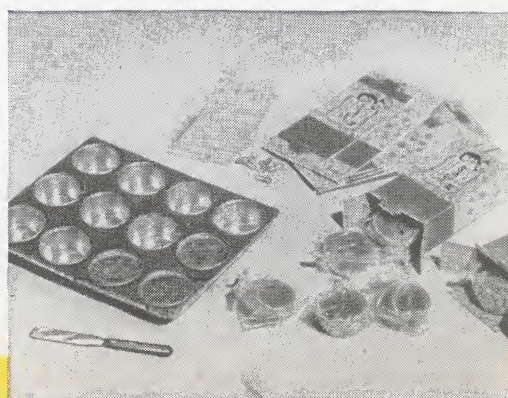
Packaging according to use: These equivalent measurements will be helpful:

- 11 unbeaten egg whites for an angel food cake will fill 1 pint.
- 6 egg whites can be frozen in a half-pint carton for use in making white cakes or yolk meringues.
- 33 yolks fill one quart or 2 pints.
- 8 whole eggs, blended sufficiently to mix yolk and white, make 1 pint.
- 1½ tablespoons thawed white is equal to 1 egg white.
- 1 tablespoon thawed yolk is equal to 1 egg yolk.

Gently blend whole eggs or egg yolks with salt or sugar. Don't beat.



Freeze whole eggs in muffin tins, remove eggs from tins and wrap for storage.

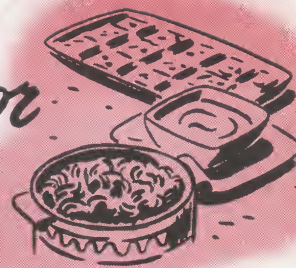


PREPARED OR COOKED FOODS



HOW TO FREEZE

Prepared or Cooked Foods



Almost everyone has heard of the wonders of freezing prepared dishes. When preparing one of your favorite recipes, double it and freeze the extra portion.

Leftovers are a thing of the past! Now you can save that extra portion of baked beans or the half of Thanksgiving turkey which was left. If you're going to fry chicken for Sunday's dinner, why not fry several at once—and freeze the extra pieces?

Generally speaking, you can freeze most cooked foods from soup to nuts! Following are a few exceptions — these foods are not completely satisfactory after freezing and thawing:

- Boiled potatoes, i.e., in potato salad, stews and soups
- Cream puddings and fillings
- Custards
- Gelatin salads and desserts
- Mayonnaise
- Salad vegetables to be eaten raw
- Whites of hard-cooked eggs

In general, no special recipes are needed for prepared dishes you plan to freeze. Although it is sometimes necessary to omit an ingredient (hard-cooked egg white, for instance) or to substitute one or two ingredients, your own favorite recipe will probably freeze perfectly.

For best results, we offer the following suggestions:

1. Do Not Overcook Foods.

Preferably, dishes that are to be heated before serving should be only partially cooked before freezing. Cooking completely before freezing may cause a mushy texture and unattractive appearance in the food after reheating. Meat should be cooked until tender but still firm. Vegetables should be slightly undercooked.

Foods which are to be merely thawed before serving should be entirely cooked before freezing.

2. Cool Foods Quickly, Keeping Them Covered.

Cooked foods that are to be frozen should be cooled as quickly as possible.

The cooking utensil may be placed in a pan of cold water or in the sink where running water from the faucet may circulate around it. Keep the food covered to hold in flavors and to prevent contamination.

3. Spices and Herbs Should be Used Sparingly.

Spices and herbs should be used sparingly in foods to be frozen because some of them change during freezer storage. For instance, pepper gets stronger; onions get milder.

4. Avoid Excessive Amounts of Fats.

Use fats sparingly in gravies and sauces which are to be frozen. Used in exces-

To prepare these foods for serving, see directions on pages 66 and 77, 78, 79.

sive amounts, fats frequently separate after freezing. A moderate amount of separation may occur in all such mixtures but is corrected by the reheating.

5. Do Not Refreeze Prepared Dishes.

Package prepared foods in quantities which can be used readily after thawing or reheating. *Do not refreeze.*

Precooked foods may be packaged and frozen right in the casseroles or utensils in which they are to be reheated. In some cases the frozen block of food may be removed from the utensil, packaged and put in the freezer. This avoids using cooking utensils as freezer containers, and saves space in the freezer. (The food is, of course, replaced in the original utensil for reheating.)

Keep in mind that *small* units of food, and those in *flat* blocks will thaw and reheat more quickly than large or thick units.

It is practical to freeze unused portions of prepared foods to prevent waste or to avoid monotony in meals. However, it is a waste of freezer space to freeze dishes which can be freshly prepared as quickly as they can be thawed and reheated. Your experience as a freezer owner will soon develop your own judgment on this question.

A LA KING DISHES

Prepare chicken and other à la king dishes by the usual method. Cool quickly, keeping covered. Package in moisture-vaporproof containers. Storage time: 4 to 6 months.

APPLES

Apple Sauce and baked apples—see page 28.

BAKED BEANS

Bake beans in the usual manner. Cool

in covered utensil. Package in moisture-vaporproof containers. Storage time: 6 months.

CHILI CON CARNE

Prepare as usual. Cool quickly, keeping utensil covered. Package in moisture-vaporproof containers. Storage time: 2 months.

CHICKEN PIES

Prepare individual chicken or meat pies for quick reheating and serving. For best results omit potatoes. Place crust only on top of pie. Bake, then cool and freeze; or cool filling, cover with unbaked pastry, and freeze. Freeze before packaging for ease of handling. Storage time: 4 to 6 months.

FRIED CHICKEN

Cool fried chicken, then package in moisture-vaporproof wrapper or container. Storage time: 2 to 4 weeks.

CHOP SUEY AND CHOW MEIN

Prepare chop suey or chow mein using favorite recipe. Do not cook completely done—allow for further cooking during reheating. Cool quickly in covered utensil, then package in moisture-vaporproof containers. Storage time: 2 to 4 weeks.

GRAVIES

Prepare gravies, using fat sparingly. Cool quickly. Package separately in moisture-vaporproof containers or use to cover leftover cooked meats or meat balls to be frozen. Storage time: 2 to 4 weeks.

HASH

Hash prepared from corned beef or other cooked meats may be cooled and packaged in moisture-vaporproof con-

To prepare these foods for serving, see directions on pages 66 and 77, 78, 79.

tainers or used to stuff green peppers for freezing. Storage time: 4 months.

MACARONI

Cook macaroni in a large amount of boiling salted water until just barely tender. *Do not cook completely done.* Drain, rinse in cold water, then drain again. Package separately or combine with other suitable ingredients for salad or casserole, then package and freeze in moisture-vaporproof containers. Storage time: 6 months for plain macaroni; 2 to 4 weeks for combinations.

MEATS

Roasts—Cool leftover roast meats and package in moisture-vaporproof materials. Meats may be sliced or chopped for sandwiches and other uses. Slices may be covered with gravy before freezing. Storage time: 2 to 4 weeks.

Meat Loaf & Meat Balls—Cool and package in moisture-vaporproof materials. Meat balls may be covered with gravy or sauce before freezing. Storage time: 2 to 4 weeks.

NEWBURGS AND THERMIDORS (CRAB, LOBSTER TAILS, SHRIMP, ETC.)

Prepare as usual, cool quickly in covered utensil. Package in moisture-vaporproof containers and freeze immediately. Storage time: 2 to 4 weeks.

POTATOES

French Fries—Cut potatoes in thin strips for best results. Fry as usual and drain off excess fat on paper towel. Cool, then package in moisture-vaporproof containers. Storage time: 1 to 2 months.

Stuffed Baked—Cut freshly baked po-

tatoes in half lengthwise. Scoop out potato, leaving skins unbroken. Mash potato in usual way, adding cream, butter and seasoning to taste. Pile mashed potato lightly into shells. Garnish with paprika or grated cheese if desired. Cool, then package in moisture - vaporproof cartons and freeze. Storage time: 4 to 6 months.

Whipped (Mashed)—Cool leftover or freshly prepared mashed potatoes and package in moisture-vaporproof cartons for freezing. Storage time: 6 months.

Potato Chips—Storage time: 3 months.

Sweet Potatoes—(See yams)

PUDDINGS

Tapioca pudding can be stored 1 month.

RICE

Cook white rice in a large quantity of boiling salted water until barely tender. *Do not cook completely done.* Package separately or combine with other ingredients. Storage time for plain rice: 6 months; for combinations, 2 to 4 weeks.

SANDWICHES AND CANAPES

Prepare sandwiches and canapes from fresh bread of any variety. Spread bread completely with softened butter to prevent soaking up the filling. Use salad dressings sparingly and avoid use of mayonnaise, jelly, and egg white—all are usually unsatisfactory after freezing. Package sandwiches singly or in pairs, using moisture - vaporproof material. Separate layers of canapes with double thickness of freezer paper and package in moisture-vaporproof cartons. Storage time: 2 to 4 weeks.

To prepare these foods for serving, see directions on pages 66 and 77, 78, 79.

SAUCES

Sauces for spaghetti, barbecues, etc., may be prepared by favorite recipes, cooled and packaged in moisture-vaporproof containers. Storage time: 1 to 2 months, depending on type and amount of spice and seasoning.

SCRAPPLE

Prepare scrapple in the usual way. Cool, then package in moisture-vaporproof materials. Storage time: 6 months.

SQUASH, ACORN

Bake halved acorn squash upside down in a small amount of water. Set oven at 375°, and steam squash in uncovered pan for 20 to 30 minutes or until barely tender. *Do not cook completely done.* Cool. Package in moisture-vaporproof materials. Storage time: 4 to 6 months.

SOUPS

Cool leftover or freshly prepared soups or soup stocks quickly, then package in moisture-vaporproof containers. Avoid overcooking of vegetables and cereal products to allow for further cooking during reheating. It is best to omit potatoes because they often become grainy or mushy after freezing. Storage time: 2 months.

STEWES

Cool stews quickly, then package in moisture-vaporproof containers. Avoid overcooking to allow for further cooking during reheating. It is best to omit potatoes because they often become

grainy or mushy after freezing. Storage time: 4 to 6 months.

SPAGHETTI

Cook spaghetti in a large quantity of boiling salted water until barely tender. *Do not cook completely done.* Rinse in cold water; drain. Combine with favorite meat sauce or meat balls; cool, package in moisture-vaporproof containers. Storage time: 6 months.

STUFFINGS

Prepare bread stuffings and variations by favorite recipes. Cool, package in moisture-vaporproof containers. Storage time: 1 to 2 months, according to type and amount of seasonings and herbs used.

STUFFED PEPPERS

Fill with cooled stuffings such as corned beef hash or ground meat mixtures. Package in moisture-vaporproof materials. Storage time: 4 months.

YAMS, CANDIED

Steam or bake yams in skins until tender. Avoid overcooking. Slice and sprinkle lightly with salt, then roll in white or brown sugar. Cool, then package in moisture-vaporproof cartons. Storage time: 4 to 6 months.

YAMS, MASHED

Steam or bake yams until tender. Peel and mash until smooth. Salt to taste. Cool quickly, then package in moisture-vaporproof containers. Storage time: 4 to 6 months.

Chop Suey, Baked Beans
and Spaghetti.



Escalloped Chicken, Meat Loaf and
Vegetable Casserole.



FREEZING AND USING MISCELLANEOUS FOODS

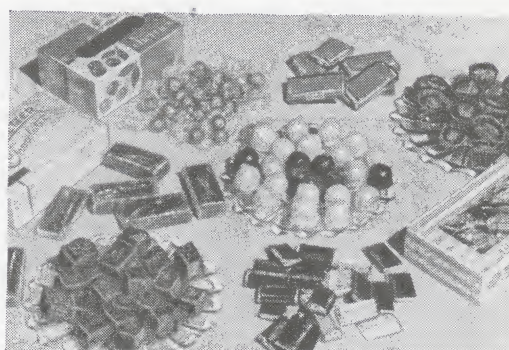
Many specialty items packaged in convenient amounts give added pleasure to the freezer owner. Such things as: nutmeats, coconut, pimiento, candies, potato chips, and candied fruits retain freshness and quality in frozen storage. All, of course, are packaged in moisture-vaporproof materials. Nutmeats may be stored up to one year.

General products such as flour, meal, cereal, crackers, and macaroni which are subject to weevils, may be kept safely in the freezer during hot humid weather.

In general, all such foods are merely thawed in the unopened wrappings, then used in the desired manner.



Nuts and candied fruits will keep perfectly in your freezer.



Candies can be stored in your freezer to please family and guests.

SOME FAVORITE RECIPES FOR YOUR FREEZER

CHOP SUEY

2 cups boiling water
3 beef bouillon cubes
¼ cup soy sauce
2 lbs. diced pork shoulder
⅓ cup flour
1—4 oz. can mushrooms

½ cup molasses
1 cup sliced onions
3 cups sliced celery
1 can bean sprouts
1 can water chestnuts

Pour boiling water over bouillon cubes and soy sauce and stir until smooth. Sauté pork shoulder until golden brown. Add flour, stir until blended, remove from heat and add bouillon stock. Add remaining ingredients, cover and simmer ½ hour, stirring occasionally to prevent sticking. Cool, package and freeze. Makes 8 servings.

To serve: Thaw by heating in top of double boiler (approximately 1 hour for a quart). Serve with rice and chow mein noodles.

SPAGHETTI SAUCE

1 onion, chopped
2 tbl. salad or olive oil
1 pound ground beef
1 tsp. salt
¼ tsp. pepper
Dash of red pepper

½ tsp. chili powder
½ tsp. Tabasco sauce
1 can condensed cream of mushroom soup
1 can condensed tomato soup

Brown onion in oil, add meat and seasonings and brown lightly. Cover and simmer 15 minutes. Add soups, cover and simmer 45 minutes. Cool, package and freeze. Makes 6 cups.

To serve: Thaw by heating in top of a double boiler (approximately 1 hour for a quart). Serve over freshly cooked spaghetti. Garnish with grated Parmesan cheese.

ESCALLOPED CHICKEN

4 cups cooked chicken
1 cup finely chopped celery
1 cup soft bread crumbs
2 tbl. minced parsley
2 tsp. salt

4 slightly beaten eggs
2 cups chicken stock
(or 2 chicken bouillon cubes dissolved in 2 cups boiling water)

Cut chicken in rather large pieces. Alternate layers of chicken, celery, crumbs and parsley in greased casserole. Add salt and eggs to chicken stock; mix thoroughly and pour over chicken. Bake in pan of hot water in 350° F. oven until set—about 1 hour. Cool, package and freeze. Makes 3 pints.

To serve: Thaw in a 300° F. oven approximately 1½ hours (partially thaw in refrigerator first if you desire.)

MEAT LOAF

⅔ cup dry bread crumbs
1 cup milk
1 ½ pounds ground beef
2 beaten eggs

¼ cup grated onion
1 tsp. salt
⅛ tsp. pepper
½ tsp. sage

Soak bread crumbs in milk; add meat, eggs, onion and seasonings; mix well. Bake in 350° F. oven 1 hour. Cool and freeze. Makes 6 servings.

To serve: Thaw at room temperature or in the refrigerator. Reheat 1 hour at 350° F.

VEGETABLE CASSEROLE

1 package frozen corn
1 package frozen peas and carrots
1 package frozen succotash
1 teaspoon salt

¼ teaspoon pepper
3 tablespoons chopped onion
1 can condensed cream of mushroom soup
10–15 slices (depending on size) frozen Canadian bacon, cut ¼" thick

Place frozen blocks of vegetables in large shallow buttered casserole. Sprinkle with salt, pepper and onion. Pour undiluted soup over vegetables and cover with foil. Place in 400° F. oven, 40 minutes. Stir vegetables to spread evenly over bottom of casserole. Place frozen Canadian bacon on top of vegetables and place uncovered in oven for 20 minutes. Makes 8 servings.

PICKLE-BURGERS

2 ½ pounds ground beef
2 ½ teaspoons salt
¼ teaspoon pepper

1 cup finely chopped onion
2 large dill pickles
12 slices bacon

Combine ground beef, salt, pepper and onion. Mix well. Shape into 12 flat patties. Slice pickles into strips. Place one strip of pickle on the edge of each patty and roll up. Smooth the ends of each roll so the pickle is well tucked in. Wrap each roll with a slice of bacon and fasten with a toothpick. Saute in a small amount of fat, turning frequently so rolls will be well browned on all sides—takes between 15 to 20 minutes. Pickle-Burgers may be frozen, but store no longer than 1 month. Makes 12 servings.

HAM AND ASPARAGUS ROLL-UPS

10 slices boiled ham, 1/8" thick
2 packages frozen asparagus,
cooked

5 slices American cheese
1 small bag potato chips

Taking one slice of ham at a time, place on it four stalks of asparagus. Roll up and place a half slice of cheese on top of roll-up and secure with toothpicks. Package and freeze. Package and freeze potato chips. When ready to use, remove roll-ups from freezer and place on a flat baking dish. Sprinkle with a generous amount of paprika. Crush frozen potato chips in bag and sprinkle chips over roll-ups. Bake 50 to 60 minutes in 325° F. oven. Makes 10 servings.

BANQUET FRANKS

1 dozen frankfurters
2 cups cracker crumbs
1/2 cup chopped celery
1/3 cup evaporated milk
1/4 tsp. pepper
1/4 cup chopped onion

2 tbl. melted butter
1/2 tsp. salt
1/4 tsp. sage
1/4 cup chopped pimiento
1/4 cup chopped parsley

Combine all ingredients except frankfurters. Split frankfurters lengthwise. Fill with stuffing. Package and freeze. To serve, place frozen frankfurters in baking dish. Bake covered for 15 minutes at 350° F., then uncovered for 15 minutes. Makes 12 servings.

MEAT BOATS

6 hard rolls
1/4 cup butter
Garlic salt
1/4 cup chopped onion
1/4 cup chopped green pepper
1 tbl. butter

1/2 cup concentrated cream of
tomato soup
1 egg, slightly beaten
1 tsp. salt
1 tsp. pepper
3/4 pound ground beef

Cut slice from top of rolls and hollow out center of each roll. Reserve crumbs for meat mixture. Season softened butter with garlic salt and spread on inside walls of rolls. Sauté onion and green pepper in 1 tablespoon butter. Soften bread crumbs in tomato soup and egg. Add remaining ingredients and mix well. Fill hollowed rolls with meat mixture. Package and freeze. To serve, place Meat Boats on a shallow, buttered pan and bake at 350° F. for 50-60 minutes. Makes 6 servings.

Pickle-Burgers, Ham and Asparagus
Roll-ups, Banquet Franks, and
Meat Boats.



PREPARATION FOR TABLE



PREPARING FROZEN FOODS FOR THE TABLE

Frozen foods are a pleasure to prepare because much of the work of preparation was done before they were frozen. They are choice, clean foods, packaged in convenient portions. In addition to their convenience, frozen foods retain the natural quality, fresh flavor, color and texture . . . of fresh foods. However, the preparation of frozen foods for the table is just as important as their preparation for the freezer.

Most vegetables and many meats may be cooked without previous thawing. Vegetables, because they are blanched in preparation for freezing, require about one-half the time it takes to cook an equal quantity of fresh vegetables.

Meats cooked in the frozen state require a longer cooking period than thawed or freshly cut meat.

Fruits, eaten raw, are at their best when served just as the last ice crystals disappear.

Pastries and baked products are thawed before serving.

It is economical to prepare only the quantity of food needed for one meal.

As with any type of food, careful preparation, using the best cooking methods for each food, is fundamental.

GENERAL POINTERS ON THAWING

As a general rule, all frozen products should be thawed in the original package to avoid exposure to air and to prevent the collection of moisture on the food itself.

The best place to thaw foods is in the household refrigerator. There the food remains cold and the growth of the bacteria that cause spoilage is retarded.

If you are rushed, you can speed thawing by the following methods:

1. Thaw at room temperature.
2. Thaw in running cold water.
3. Thaw in running lukewarm water.
4. Thaw in front of fan.

Once foods are thawed, they should be cooked or used immediately.

Off-odors in thawed products indicate that spoilage may have developed. Discard all foods that show spoilage.

Never refreeze completely thawed food. However, surface thawing of a small amount does no harm if the product is refrozen immediately.

Directions for specific foods will be found in those sections.

Add frozen vegetables directly to small quantity of boiling water. Presto! They're ready to serve.



Best place for thawing is in your refrigerator; some of the natural moisture is re-absorbed.



PREPARING FROZEN VEGETABLES FOR SERVING

Fresh vegetables from your freezer are like fresh vegetables from your garden. In general, they may be prepared just as those from the garden, seasoned to your family's taste. However, since vegetables are blanched (or scalded) during their preparation before freezing, they are more tender than those right from the garden. Accordingly, the cooking time should be shortened to $\frac{1}{2}$ to $\frac{2}{3}$ of the regular time allowed for each vegetable.

Most frozen vegetables are best when taken directly from the freezer and cooked without previous thawing. When completely thawed, before cooking, frozen vegetables lose some of their fresh flavor, color, nutritional value and attractive appearance. There are a few exceptions.

WHAT VEGETABLES TO THAW BEFORE COOKING

Exceptions are made for a few vegetables which should be partially thawed to facilitate cooking.

Corn on the cob, if partially thawed at room temperature before cooking, is more satisfactory because the cob can be thoroughly heated without overcooking the kernels. Thaw 2 hours in unopened wrapping. Then cook about 10 minutes in boiling water to cover.

Beets, pumpkin and squash, which are cooked before freezing, should be thawed in the unopened containers, then reheated. This shortens the reheating time and helps prevent overcooking.

SIMMERING

Fresh frozen vegetables have much natural moisture and may be cooked in *very little* water. Peas and corn (12-oz. packages), for instance, can be cooked in as little as 2 tablespoons of water. Starchy vegetables such as lima beans may require as much as $\frac{1}{2}$ cup. *Use as little water as possible*, however, so no valuable flavor and nutrients will be wasted, because the vegetables must be drained before serving.

Add salt in desired amount to the water in a saucepan, place frozen vegetable in it, then cover tightly. Bring water rapidly to a boil, then *reduce heat and simmer* gently. Hard boiling does not cook food faster;

it does destroy texture, color, flavor and food value.

After steaming briefly, the block of frozen vegetables should be turned over and broken apart with a fork to permit penetration of heat to all portions. Repeat this if necessary to insure even thawing and cooking.

Cook frozen vegetables only until tender. Avoid overcooking for greatest enjoyment of firm-textured, full-flavored vegetables.

A pressure saucepan may be used for frozen vegetables, and should be used according to manufacturers' instructions. However, frozen vegetables cook so quickly by ordinary methods that little is gained by cooking them under pressure. Particular care must be taken to avoid overcooking when this method is used.

OVEN COOKING

Most frozen vegetables may be cooked in a covered casserole in a moderate oven, 350–375 degrees. Little or no water is required in most cases. Add butter and other seasonings to taste. This method takes longer, but is convenient for oven menus.

SAUTEING

Slowly fry frozen vegetables such as corn or mushrooms in a small amount of butter in a heavy skillet. Season, cover and cook over low heat until tender. Stir frequently for even cooking.

SERVING FROZEN FRUITS

Most fruits that have been frozen are delicious when served as a fresh fruit just before they have completely thawed. Use frozen fruits instead of fresh fruits in your favorite recipes, allowing for the sugar or syrup added in the freezing. Fruits may be thawed in the refrigerator, or at room temperature, or in running water, according to the time that can be allowed for defrosting.

Always thaw fruit in the unopened container. (See thawing chart below.)

PIES, TARTS, COBBLERS

For a 9-inch pie shell, or for 6 to 8 tarts, thaw a quart package of sugar-packed fruit only enough to be able to separate the pieces. Add no sugar to the thawed fruit and juice, if the proportions of one part of sugar to four parts fruit were used in freezing. Use the amount of sugar called for in recipe for an unsweetened pack.

Add a little more thickening to pies made with frozen fruits that develop more juice, or drain some of the juice from the fruit before using. When using syrup packs, drain off the syrup; measure $\frac{1}{2}$ cup of syrup and add to one quart of fruit for one pie. Add no sugar to the fruit.

Reserve the remainder of the fruit syrup for punch, fruit compotes or cocktails. Prepare tarts and cobblers in the same way.

MUFFINS

When using frozen fruits, such as blueberries, in muffins or pancakes, thaw only enough to separate and mix with flour mixture before adding liquid.

SHORTCAKES

Partially thaw fruit, either sugar or syrup - pack. Place between feathery-light layers of shortcake, with a generous covering on top. Serve with whipped cream or plain.

UPSIDE-DOWN CAKE

Partially thaw fruit in original containers. Prepare batter according to your favorite recipe. Arrange fruits in baking dish, using combinations for eye and taste appeal.

FROZEN DESSERTS

Serve partially thawed fruits for dessert in the form of fruit compotes or fruit cups.

FRUIT DRINKS OR APPETIZERS

Serve frozen fruit juices with traces of ice crystals remaining . . . just before completely thawed. Add no water. Garnish with fresh fruit, mint leaves or lemon

slices. Fruit juice blends make delicious appetizers and fruit punch.

JELLIES, JAMS, PRESERVES

Place dry-packed frozen fruits, while still frozen, directly into the cooking utensil, or into the hot sugar syrup, for making preserves. Proceed, using a reliable recipe.

COOKING FRUITS

Cook frozen fruit as you would the fresh product.

FROZEN COOKED FRUITS

Serve frozen, cooked fruit with traces of ice crystals remaining in the pack, or when completely thawed. Heat thawed cooked fruits to serve warm, if desired, since there is no texture to be injured by thawing.

Thawing Chart for Fruit

	Refrig. Shelf 38°F.	Room Temp. 75°F.	Room Temp. with Fan 75°F.	Cold Running Water 60°F.	Luke- warm Running Water 105°F.
Pint*					
4:1 sugar	8 ½ hours	1 ¼ hours	¾ hour	½ hour	¼ hour
40% syrup	8 ½ hours	1 ½ hours	1 hour	½ hour	¼ hour
Quart*					
4:1 sugar	12 hours	2 hours	1 ¼ hours	¾ hour	½ hour
40% syrup	12 hours	2 ½ hours	1 ½ hours	¾ hour	½ hour

*Fruits packed in folding cartons.



Frozen fresh fruit cup is a favorite wintertime treat.

COOKING FROZEN MEATS

To thaw or not to thaw is a matter of convenience. Meats can be cooked in the frozen state; however, they will be more uniformly cooked if thawed before cooking. The quality of the meat does not differ appreciably, everything else being equal.

Prepare frozen meats as you would fresh meats, using the best methods of preparation for various kinds and cuts, allowing extra cooking time for meat that has not been thawed. Cook immediately after thawing, for thawed frozen meat deteriorates more rapidly than fresh meat because the moist surface provides an ideal place for bacteria to grow.

It is possible only to approximate the time necessary to thaw meats, for thickness, shape, amount of fat and bone, size, and thickness of wrapping will vary the time of thawing just as they do the time of cooking.

All meats should be left wrapped during the thawing time so excess moisture does not collect on the meats.

Various methods can be used in thawing meats as shown in the following chart:

Thawing Chart for Meat

Meat	Refrig. Shelf 38°F.	Room Temp. 75°F.	Room Temp. with Fan 75°F.	Cold Running Water 60°F.	Luke- warm Running Water 105°F.	Degree of Thawing
2 ½-lb. Steak	18 hours	2 ½ hours	2 hours	1 hour	¾ hour	could unfold steak
1-lb. Hamburger	23 hours	3 hours	2 ½ hours	1 ½ hours	½ hour	work into shape
4-lb. Rolled Rib Roast	28 ½ hours	6 hours	4 hours	3 ½ hours	3 ¼ hours	put thermometer in
4-lb. Pork Loin Roast	25 hours	5 hours	2 hours	2 ¾ hours	1 ¼ hours	put thermometer in

Using these representative meats as guides you will be able to approximate thawing time.

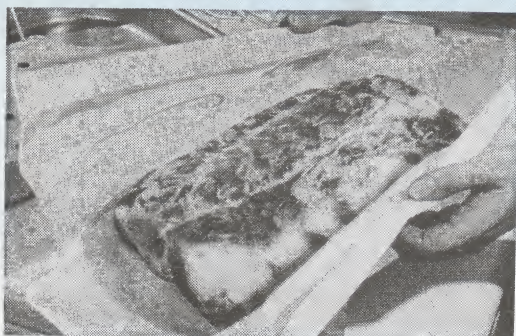
ROASTING

When roasting thawed or frozen meats the same principles apply as with fresh meats. A low temperature is a must. A meat thermometer, necessary for accurate cooking of fresh meat, is more necessary to register the correct temperature and doneness of frozen meat.

If roast is cooked from frozen state place thermometer in roast near completion of roasting period or make hole with metal skewer or ice pick and insert thermometer. The bulb of the thermometer must rest in the center of muscle (not in the fat or bone) for correct reading.

Place roast on a rack, in an uncovered pan with no water. Roast in a slow oven, 300 degrees F., for all meats except pork. Roast pork in a moderate oven, 350 degrees F. Temperatures indicate medium doneness for beef, well done for pork, as registered on a meat thermometer.

Meat	Thawed before Cooking	Cooked in Frozen State
Steak	30 min. per lb. 160° F.	40 min. per lb. 160° F.
Rolled Rib Roast	40 min. per lb. 170° F.	60 min. per lb. 170° F.
Pork Loin Roast	40 min. per lb. 185° F.	60 min. per lb. 185° F.



Ready to "go in"—a sweet, tender, juicy pork roast!

BROILING

The time required for broiling frozen steaks and chops varies according to surface area and thickness of meat, as well as the broiling temperature.

Thick frozen steaks and chops must be broiled more slowly than thawed ones in order that the meat will be cooked to the desired doneness without becoming too brown on the outside.

Place frozen steaks and chops of 1-inch thickness on broiler rack 3 to 4 inches below heat.

Thawed steaks and chops are handled the same as fresh ones—place thawed steaks and chops of 1-inch thickness on broiler rack 2 to 3 inches below heat.

PAN-BROILING

Frozen meat should be pan-broiled over low heat first to thaw the inside, before over-browning the outside. Allow one-third to one-half again as much time for frozen meat.

Place meat in heavy skillet. Do not add fat, water, or cover. Cook slowly,

turning occasionally. Pour fat from pan as it accumulates. Brown meat on both sides. Season. Serve at once.

Thawed meat is handled the same as fresh meat.

BRAISING

Frozen cuts to be braised should be left at room temperature for an hour or two before cooking so that the meat will be flexible enough to have complete contact with the pan to brown more evenly.

Brown meat on all sides in fat in heavy utensil. Season with salt and pepper. Add small amount of water if necessary. Cover tightly. Cook at low temperature until tender.

Coatings as egg, crumb, or flour do stick to frozen meat.

STEWING

Brown meat on all sides in own fat or lard, when desirable. Season with salt and pepper. Cover with liquid, cover kettle, cook below boiling point until tender. When meat is started in the frozen state, add $\frac{1}{3}$ to $\frac{1}{2}$ again as much time. Add frozen vegetables before serving. If meat was not cut for stewing before freezing, thaw first, then cut.

USE OF PRESSURE SAUCEPAN

It is not necessary to thaw frozen meat before cooking. As in other cooking, the amount of extra time needed is varied by weight, size and thickness of roast, proportion of lean, fat, and bone. Time required is from $\frac{1}{2}$ to 2 times again as long as similar fresh or thawed meats.



COOKING FROZEN POULTRY

Poultry may be cooked from the frozen state with excellent results. Frozen poultry requires a longer cooking period and should be started at a lower cooking temperature, in order to give a uniformly cooked product.

Cook thawed birds like you would freshly dressed poultry. The only caution is to cook soon after fowl is thawed.

THAWING

With poultry, as with meat, it is possible only to approximate thawing time. Poultry should be left in the original package during thawing so excess moisture does not collect on the fowl itself.

Various methods can be used to thaw poultry as shown in the following chart.

THAWING CHART FOR POULTRY

	Refrig. Shelf 38°F.	Room Temp. 75°F.	Room Temp. with Fan 75°F.	Cold Running Water 60°F.	Luke- warm Running Water 105°F.	Degree of Thawing
3-lb. Fryer, cut-up	25 hours	5 hours	1 hour	1 hour	½ hour	Break pieces from block
5-lb. Roaster (not stuffed)	28 ½ hours	6 hours	4 hours	1 ½ hours	1 ¼ hours	Open to stuff
5-lb. Roaster (stuffed)	30 hours	7 hours	5 hours	2 hours	1 ¾ hours	To evenly cook
17-lb. Turkey (not stuffed)	96 hours	13 hours				Open to stuff

FRYING

In frozen state, dredge pieces of chicken in seasoned flour or crumbs. To do this easily, place flour and seasonings in paper sack — place chicken in sack and shake thoroughly. Flour will adhere to frozen pieces of chicken.

Brown pieces on both sides in skillet with hot melted fat. When browned, cover, reduce heat and cook until meat is done. Allow ½ again as much time for frozen chicken as freshly dressed.

Thawed chicken is fried the same as freshly dressed chicken.

BROILING

When broiling frozen chicken, allow ½ again as much time. Brush broilers with melted butter. Place chicken on greased broiler rack, so surface is 5 to 6 inches below source of heat, with skin side down. As chicken browns, turn every ten minutes, brushing with fat after each turning.

Broilers usually require 25–50 minutes broiling time depending on thickness of pieces and tenderness of meat. To test, cut into thick muscles of drumstick to bone — the meat should be tender and no pink color should be visible.

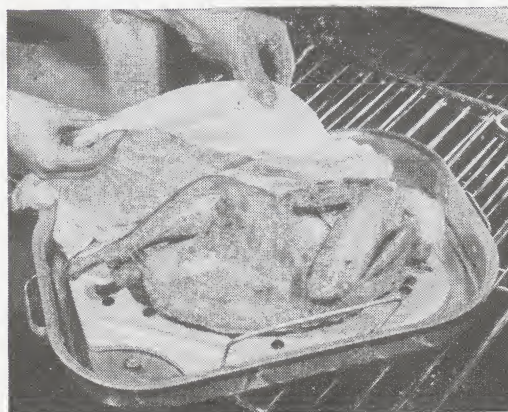
Chicken may be left in broiler 10 minutes longer after the heat is turned off for further cooking.

Thawed chicken is broiled exactly the same as fresh birds.

ROASTING

If the fowl was stuffed before freezing it can be roasted in frozen state. Brush with melted fat. Place on rack, breast down, in shallow pan. Roast in slow oven, 325 degrees F., until tender, uncovered. Baste with drippings or cover bird with cloth dipped in melted unsalted fat. When thermometer placed in thigh muscle reads 190 degrees F., the bird is ready to serve. To insert thermometer, make hole with metal skewer or ice pick and insert thermometer, or place thermometer in fowl near completion of roasting. Allow ½ again as long as for freshly dressed bird.

If stuffing is desired, sprinkle the cavity of thawed bird with salt, and stuff with favorite dressing. Truss and follow same methods as for fresh fowl.



Place frozen poultry on rack in shallow pan.

STEWING

Old chicken or any kind of older poultry is used for stew. Stewing differs from fricasseeing in that the pieces are not browned but are cooked in water the entire time.

Cover frozen chicken with water, and cook until tender (usually 2-3 hours). Frozen vegetables may be added about 10-20 minutes before serving, just long enough to cook vegetables.

If chicken was not cut for stewing before freezing, thaw first, then cut.

FRICASSEE

Older birds with larger amounts of connective tissue need long, slow cooking in liquid or steam to make them tender and juicy.

Dredge frozen pieces in seasoned flour. Brown slowly in small amount of fat, about ¼ inch. Place in a well-greased casserole, add enough hot milk or water to just barely cover. Cover the casserole and bake in slow oven, 325 degrees F., 1 to 3 hours, or until tender.

If thawed, handle as fresh poultry.



COOKING FROZEN FISH

What is better proof of your "big fish" story than to serve your guest a prize trout, pike, or bass.

Fish may be cooked from the frozen state, using the same cooking methods, but allowing a longer time; however, it is important to use a lower heat for frozen fish than for fresh fish to prevent drying out or scorching during the longer cooking period.

Fish that is thawed should be cooked immediately.

THAWING

Thawing makes frozen fish easier to handle in cooking process. Time for thawing will depend on method of thawing chosen as seen in the following chart:

THAWING CHART FOR FISH

Kind of Fish	Refrig. Shelf. 38°F.	Room Temp. 75°F.	Room Temp. with Fan 75°F.	Cold Running Water 60°F.	Luke- warm Running Water 105°F.	Degree of Thawing
4 Catfish Steaks	23 hours	2 hours	1 hour	½ hour	¼ hour	to separate
4 ½ lbs. whole fish	24 hours	4 hours	3 hours	1 ¼ hours	¾ hour	to insert thermometer

PAN-FRYING

Dredge frozen fish in flour, cornmeal, or egg, milk and cornmeal mixture. Place fish in heavy skillet containing about ¼ inch of hot fat, but not smoking. Cook to a delicate brown on each side until fish is tender. Allow about ½ again as much time as if fish were fresh.

If fish is thawed, fry as fresh fish.

DEEP-FAT FRYING

Dip the frozen fish in egg and milk mixture and roll it in cracker crumbs or

cornmeal. Preheat fat in deep kettle to 375° or until a 1-inch cube of bread becomes brown in 25 seconds. Place fish in fat and fry until golden brown, about 5 to 10 minutes. Drain on absorbent paper.

If fish is thawed, frying time will be about 3 to 7 minutes.

BROILING

Broil fish steaks and fillets the same as other steaks. Brush lean frozen fish with butter, French dressing, or strip with bacon

or salt pork. Arrange fish on greased broiler pan about 3 inches from heat, skin side up. Broil 7 to 12 minutes or until slightly brown. Baste with melted fat, and turn carefully. Broil other side same length of time, or until fish flakes easily when tested with a fork.

Thawed fish will take about 5 to 8 minutes on each side, depending on size of fish.

BAKING

Brush frozen fish with butter. Season and place in a well-greased shallow pan and bake in moderate oven 350° F. until

fish flakes easily when tested with a fork. Fish stuffed before freezing is baked in same manner.

Thawed fish will require a shorter baking time.

"BOILING"

This term is used loosely, for fish should never be allowed to boil—only to simmer. Fish used for creaming or for cold salads are usually cooked in this manner.

To prevent undue breaking and facilitate handling, place the fish in cheesecloth.

Place fish in simmering water, which has been seasoned, until fish is tender.



COOKING FROZEN SHELLFISH

Frozen shellfish can be used in same manner as fresh products. Once thawed, shellfish should be cooked immediately.

THAWING

If shellfish are to be served raw, they should be just thawed and still chilled when served.

To thaw, leave package unopened:

1. in refrigerator—overnight or 7-9 hours
2. at room temperature—4-5 hours
3. in front of an electric fan—3 hours
4. under running cold water (60°F.)—2 hours
5. under lukewarm running water (105° F.)—1½ hours

CLAMS

Clams may be used in frozen state for chowders, soups, or deviled clams, following your favorite recipes. Clams may be served as cocktails when thawed.

CRABS

Crabmeat to be used for frying, deviling, or cutlets can be cooked from the frozen state. For cocktails and salads, thaw crabmeat first.

LOBSTERS

Lobster does not need to be thawed for

lobster bisque, Newburg, frying or broiling. For cocktails and salads, thaw lobsters first.

OYSTERS

If oysters are to be creamed, deviled, fried, or cooked by any other method, they can be prepared from the frozen state. For use as cocktails or to be served raw, just thaw completely.

SCALLOPS

Scallops are usually served fried. For this method, they can be fried from the frozen state.

SHRIMPS

The method of cooking will depend on the method of preparation for freezing. If shrimps were frozen raw in shell, place frozen shrimps in boiling, salted water for 7 minutes. Chill in iced water, shell and remove black vein. For shrimps cooked before freezing, to thaw or not to thaw depends on method of serving. If they are to be used in cocktails, thaw first, otherwise prepare from frozen state.

COOKING FROZEN WILD GAME

It is a real thrill to remove a choice cut of frozen venison, a pheasant, or the like from your International Harvester Freezer, to serve for a very special occasion.

Wild game and fowl can be cooked in either frozen or thawed stage. Whether game meats are solidly frozen, partially or completely thawed before cooking makes no difference in their flavor, juiciness or texture. Wild game cooked while completely frozen requires a longer cooking time ($\frac{1}{2}$ again as long), and should be started at a lower temperature to give a more uniformly cooked product.

Game meats spoil rapidly after complete thawing, so cook at once.

THAWING

Time for thawing is same as for comparable domestic animals. As with other meats, thawing can be done at room temperature, with a fan, cold running water, lukewarm running water, or in your refrigerator.

GAME ANIMALS

Good cooking enhances the quality and flavor preserved in freezing. If odor seems strong, trim off excess fat before cooking. Because venison tends to be rather dry, add fat during cooking.

Cook tender cuts using dry heat . . . roasting, broiling, and frying. Cook less tender cuts using moist heat . . .

braising and stewing. Other general directions for preparing meats (pages 69-70) may be followed for game animals.

GAME BIRDS

For wild ducks, pheasants, and other game birds, follow same procedure as for poultry. Prepare as you always have, using your favorite recipes.



Pheasant fit for a king; just one of hundreds of delightful frozen food surprises.



PREPARING FROZEN DAIRY PRODUCTS FOR THE TABLE

After thawing, frozen dairy products should be used in the usual way. *Thawing in the refrigerator is generally recommended* for butter, cheeses and cream. The readjustment of fats and moisture in these products takes place more satisfactorily if thawing is gradual. For approximate thawing times see chart on page 75.

BUTTER

Thaw in the unopened wrapper. Store in the refrigerator, and use as desired.

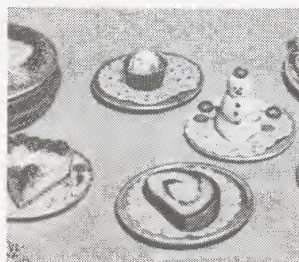
CHEESE

Thaw cheeses in unopened wrappers or containers. Natural cheeses, such as American, Cheddar, Swiss, or Brick, dry rapidly after thawing. Keep them in your refrigerator and use within 3 or 4 days to be assured of a moist, smooth-textured product.

CREAM

Thaw cream in the unopened carton.

Store in the refrigerator and use as desired. Cream which has been frozen—particularly that which has large fat globules—may not retain its original smooth body. Frozen heavy cream will whip, but it separates on standing.



Recipes for each of these beautiful desserts will be found on page 55.

Thawing Chart for Dairy Products and Eggs

Food	Quantity or Size	Approximate Thawing Time		
		Refrigerator	Room Temperature 75°	Cold Running Water* 60°
Butter	1 lb.	4 ¼ hours	2 ¼ hours	¾ hour
Cheese natural processed	½ lb.	6 ½ hours	2 hours	1 ½ hours
	½ lb.	6 ½ hours	2 hours	1 ½ hours
Cottage Cheese	12 ounces	48 hours	5 ½ hours	2 ¾ hours
Whole eggs	1 pint	22 hours	4 ¾ hours	2 hours
Egg whites	1 pint	28 hours	6 hours	2 ⅔ hours

* Carton standing in bowl of water, water running into bowl.

ICE CREAM AND SHERBET

Many ice creams and sherbets require some softening to facilitate dipping. Setting container in refrigerator or at room temperature for a few minutes before serving time usually brings ice cream to satisfactory serving temperature.

WHIPPED CREAM "DOLLOPS"

Use frozen whipped cream "dollops" without thawing, to garnish pie, shortcakes, cobblers and sundaes. Very shortly after serving, they will thaw to desired consistency.



PREPARING FROZEN BAKERY GOODS FOR THE TABLE

YEAST BREADS

Baked

Thaw bread or rolls in wrapper. For approximate thawing time, see chart on page 76.

Do not remove from wrapper while frozen, as this causes moisture to collect on surfaces.

Partially Baked

Place frozen rolls on baking sheet in cold oven, with heat turned to 400°. By the time the oven has reached that temperature—about ten minutes—the rolls will be heated through and browned.

Unbaked

When ready to use, place bread or rolls at room temperature and allow to rise until doubled in bulk. Bake as fresh bread or rolls.

BISCUITS

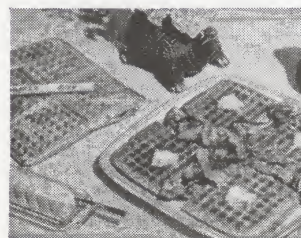
Remove from freezer, thaw and reheat in unopened package in oven at 300°F. for 15-20 minutes. Use with fresh fruits for melt-in-your-mouth shortcake.

QUICK BREADS

Nutbread, banana bread and gingerbread may be thawed at room temperature, or, if desired, warm in a slow oven. For approximate thawing time, see chart on page 76.

WAFFLES

To thaw, merely place a section of frozen waffle in a pop-up toaster. When the waffle pops up, it's done—hot, crisp and yummy!



CAKES

Baked

Thaw cakes in the unopened package at room temperature. Frozen cakes unprotected by wrappings collect moisture particles from the air during thawing, causing surfaces to become sticky.

Unbaked

If batter is to be frozen unbaked, freeze it in the pan in which it is to be baked, and take directly from the freezer to the oven. Batter frozen in an 8-inch layer cake pan may be baked without thawing in 35-40 minutes at 375°. Cupcakes may be baked without thawing at 275° for 15 minutes, then at 350° for an additional 15 minutes.

COOKIES

Baked

Thaw in unopened package at room temperature.

Unbaked

ROLLED COOKIE DOUGH

Unwrap, separate and place on cookie sheet. Bake as usual, without thawing.

UNROLLED COOKIE DOUGH

Slice while still frozen. Bake as usual.

UNBAKED DROP COOKIES

Remove from carton, place on baking sheet and bake as usual, without thawing.

PIES

Unbaked

To prepare frozen unbaked pies for serving, remove wrapping and place in preheated oven. (Replace frozen pie in original utensil if it has been removed for freezer storage.) Bake at 450°F. for 25-30 minutes, or until nicely browned. Then lower temperature to 350° and bake about 30 minutes longer.

Baked

To prepare frozen baked pies for serving, heat in a moderate oven. For approximate thawing time, see chart below. Thawed at room temperature, however, most pies do not retain the desirable texture and flavor of the freshly baked product.

Thawing Chart for Frozen Bakery Goods

Food	Quantity or Size	Approximate Thawing Time	
		Oven 300°	Room Temperature 75°
Breads			
Un sliced	1 loaf	½ hour	3 hours
Sliced	1 loaf	½ hour	3 hours
Muffins, bran	6	¼ hour	1 hour
Biscuits		¼ hour	
Yeast rolls	12	½ hour	1 ¼ hours
Cakes			
Loaf (unfrosted)	8 x 4 x 3 inches	¾ hour	3 hours
Layer (unfrosted)	8 inch	½ hour	¾ hour
2-layer (frosted)	8 inch	—	3 hours
Angel, sponge or chiffon	12 inch	¼ hour	2 hours
Cupcakes	6	¼ hour	1 hour
Cookies	1-2 doz. in pkg.	—	¼ hour
Pies			
baked, whole	9 inch	1 hour	2 ¾ hours
baked, piece		¼ hour	1 ¾ hours

PREPARING FROZEN COOKED FOODS FOR SERVING

Naturally, any frozen precooked food takes longer to reach serving temperature than does the same food which has not been frozen.

Some prepared foods, i.e., baked apples, fried chicken, and sandwiches, may be served without heating. Most precooked foods, however, require reheating or completion of cooking before serving. Reheating *without previous thawing* is generally recommended.

The method to be used for reheating is mainly one of personal preference: in the oven, on top of the range, in the broiler — or a combination of methods.

For top burner reheating, a double boiler is most practical for rapid, even thawing, without scorching. Place frozen food in the top half, cover, and keep water rapidly boiling in bottom half. Frozen foods to be heated under the broiler should, of course, be placed further from the source of heat than are unfrozen ones.

Thawing Chart for Precooked Foods

Casserole Size	Oven 350° F.	Oven 375° F.
Custard cup 3 3/4" x 2"	3/4 hours	3/4 hours
Ramkin 4 3/4" x 4 3/4" x 2"	1 1/4 hours	1 hour
Oblong dish 6 1/4" x 10" x 2"	1 1/4 hours	1 hour
Round dish 6 3/4" x 2"	1 1/2 hours	1 1/4 hours
Square dish 8 1/2" x 8 1/2" x 2"	1 1/2 hours	1 1/4 hours

A LA KING DISHES

Unwrap. Reheat, without previous thawing, in covered double boiler on top burner or in covered baking dish in a moderate oven.

APPLESAUCE, BAKED APPLES

Thaw in unopened containers, in refrigerator or at room temperature. If desired warm, remove from package and heat, without previous thawing, in covered double boiler on top burner or in covered baking dish in a moderate oven.

BAKED BEANS

Remove packaging, reheat without previous thawing, in covered double boiler, or in covered baking dish in a moderate oven.

CHILI CON CARNE

Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner or in covered baking dish in moderate oven.

CHICKEN PIES

Baked — Remove packaging, reheat without previous thawing, in preheated moderate oven.

Unbaked — Remove packaging. Bake, without previous thawing, in oven preheated to 375° or 400°.

CHOP SUEY AND CHOW MEIN

Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner.

FRIED CHICKEN

Thaw in unopened package in refrigerator, or at room temperature. If preferred, remove packaging, spread pieces on flat baking utensil and reheat, without previous thawing, in a moderate oven. For picnics, thaw fried chicken in unopened package or remove wrapping and reheat over the fire. Use as soon as possible after thawing.

GRAVIES

Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner. Stir occasionally during thawing and reheating to restore smooth texture. Add liquid if necessary and stir until well blended. If gravy has been frozen with meats, reheat in either double boiler or in covered baking dish in a moderate oven.

HASH

Remove packaging. Reheat, without previous thawing, in double boiler on top burner, or in covered baking dish in a moderate oven. Remove cover from baking dish the last few minutes if browned top is desired.

MACARONI

Thaw in unopened container for use in salads or other cold dishes. For hot dishes, remove packaging and reheat, without previous thawing, together with hot cheese or tomato sauce or other combinations. Use a covered double boiler on top burner or covered baking dish in a moderate oven.



Macaroni and Spanish Rice heated and ready to serve.

MEATS

For meat loaf, meat balls, and leftover portions of whole roast, remove packaging; reheat, without previous thawing, in a low to moderate oven. For sliced or chopped leftover meat, or any cooked meat to be used cold: thaw in unopened package, preferably in the refrigerator. Use as soon as possible after thawing.

NEWBURGS

Remove packaging. Reheat, without previous thawing, in covered double boiler or covered baking dish in a moderate oven. Stir occasionally during thawing to restore smooth texture. Add liquid if necessary and stir until well blended.

POTATOES

French Fries — Remove packaging. Separate frozen potato strips and spread in single layer on flat baking tin. Reheat, without previous thawing, in oven preheated to 400°, for 15 to 25 minutes, stirring frequently to insure even browning.

Stuffed Baked — Remove packaging. Place on baking tin and reheat, without previous thawing, in moderate oven, until thawed and piping hot.

Whipped (Mashed) — Remove packaging. Reheat, without previous thawing, in covered double boiler. Whip with fork occasionally during the heating. Add milk, butter and seasonings as desired and whip to blend thoroughly.

SWEET POTATOES (See Yams)

RICE

Remove packaging. Add, without previous thawing, to hot tomato mixture for Spanish rice or combinations. Cook just long enough to thaw and heat rice; overcooking and over-stirring cause product to be soft and starchy.

SANDWICHES AND CANAPES

Thaw in unopened packaging to prevent moisture condensation on surfaces. Use as soon as possible after thawing.

SAUCES

Sauces such as those for barbecued meats or for spaghetti may be thawed in the refrigerator and used as desired within one or two days after thawing; or they may be reheated, without previous thawing, in a covered double boiler or over very low direct heat. Stir occasionally during reheating.



Thaw sauces in double boiler.

SCRAPPLE

Partially thaw in refrigerator until soft enough to slice. Prepare for serving in the usual manner.

SQUASH (Acorn)

Remove packaging. Place on baking tin, add butter and seasonings, and reheat, without previous thawing, in moderate oven until tender.



SOUPS

Remove packaging. previous thawing, in covered double boiler on top burner. Add cooked potatoes or other ingredients as desired. Stir occasionally to blend ingredients.

Reheat, without



Save time by freezing in quantity.

SPAGHETTI

Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner, or in covered baking dish in a moderate oven. Avoid overcooking; it causes product to become soft and starchy.

STEWES

Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner or in covered baking dish in a moderate oven. Add cooked potatoes or other desired ingredients during the reheating.

STUFFINGS

Thaw in unopened package in refrigerator or at room temperature until soft enough to use in stuffing poultry, roasts, chops or fish.

STUFFED PEPPERS

Remove packaging. Reheat, without previous thawing, in covered or uncovered baking dish in moderate oven.

YAMS

Candied — Remove packaging. Reheat, without previous thawing, in covered or uncovered baking dish in a moderate oven.

Mashed — Remove packaging. Reheat, without previous thawing, in covered double boiler on top burner, or in covered baking dish in a moderate oven. Add butter and desired spices during reheating; whip occasionally with fork.

FROZEN FOOD MENUS

SPECIAL OCCASION MENUS

THANKSGIVING DINNER

- *Whole Strawberries in Powdered Sugar
- *Roast Turkey with *Oyster Dressing
- *Sweet Potato Puffs *Corn on the Cob
- *Cranberry-Orange Relish
- *Mince Meat Pie *Lemon Chiffon Pie
- *Candied Fruit *Mints *Nuts

WEDDING REHEARSAL DINNER

- *Melon Balls with *Chopped Mint
- *Filet Mignon
- *Green Peas *Frozen Cream Cheese Fruit Salad
- *Baked Alaska

AFTER THE FOOTBALL GAME

- *Chili Con Carne
- *Tortillas Cabbage Slaw
- *Strawberry Tarts

TEEN-AGE PARTY

- *Wieners in *Buns *Julienne Potatoes
- *Baked Beans
- *Fruit Punch

PICNIC

- *Fried Chicken *Bread and Butter Sandwiches
- *Macaroni Salad *Lemonade
- *Toasted Marshmallows
- *Brownies *Ice Cream *Cones

COCKTAIL PARTY

- *Assorted Bread Canapes
- *Cream Cheese Balls Rolled in *Nuts
- *Shrimps on a Pick Dipped in *Hot Tomato Sauce
- ★
- *Pastry Shells Filled with *Caviar
- *Sautéed Chicken Livers on Picks
- *Cheese Sticks

TEA PARTY

- *Petits fours *Meringues
- *Mints *Nuts
- ★
- *Tiny Puff Shells Filled with *Chicken Salad
- *Prune Bread Spread with *Cream Cheese
- *Mulled Cider

*All starred foods can be frozen or prepared from some frozen foods.

BREAKFASTS

*Grapefruit Juice
*Scrambled Eggs with *Chopped Parsley *Bacon
*Sweet Rolls



*Stewed Prunes
*Cornmeal Pancakes *Fried Sausage Patties
*Doughnuts

*Peach-*Raspberry Sauce
*French Toast with Syrup—*Canadian Bacon
*Blueberry Muffins



*Rhubarb with *Orange Juice
*Potato Patties *Fried Sausage Links
*Toasted English Muffins

BRUNCHES

*Mixed Fruit in Grapefruit Halves
*French Fried Potatoes *Ham
*Hot Biscuits



*Orange Juice
*Creamed Chip Beef on *Waffles
*Baked Apples *Coffee Cake

*Apricot Halves, Filled with Mint Jelly
*Broiled Lamb Chops *Broiled Pineapple Wedges
*Hot Yeast Rolls



*Applesauce *Fluffy Omelet
*Nut Bread and *Cream Cheese

LUNCHEONS

*Cold Meat and *Cheese Plate
*Assorted Breads *Kidney Bean Salad
*Peach Betty



*Chop Suey on *Rice
Assorted *Olive and Pickle Tray
*Fruit Cup with *Fresh Coconut *Almond Cookies



*Chicken Pot Pie
Vegetable Relish Plate *Asparagus Spears
*Cheese Cake

*Turkey à la King in *Noodle Nests
*Broccoli with *Slivered Almonds *Cranberry Sauce
*Fruit Cake



*Frosty Fruit and *Cottage Cheese Plate
*Potato Chips Iced Tea with *Lemon Wedges
*Chocolate Cake à la Mode



*Clam Chowder
*Cheese Plate *Crackers
*Ice Cream Cake Roll

DINNERS

*Tomato Juice Cocktail
*Braised Round Steak with *Mushrooms
*Broccoli with *Peanuts Assorted Relish Tray
*Hot Yeast Rolls *Raspberry Sundae



*Orange-Ginger ale Cocktail
*Baked Chicken
*Lima Beans with *Red Pepper
*Squash *Hot Yeast Rolls
*Plum Pudding with *Hard Sauce



*Grape Juice Cocktail
(*Frosted Glass with *Lime Slice)
*Baked Ham Slice with *Peaches *Peas with *Pimiento
Fresh Vegetable Salad with *Blue Cheese
*Cranberry Sherbet with *Pistachio Nuts
*Angel Food Cake



*Mushroom Soup with *Crackers
*Baked Wild Duck with *Orange Slice Garnish
*Wild Rice Stuffing *Brussels Sprouts
*Fruit Sherbet *Cookies



*Pork Loin Roast
*Cream Style Corn *Baked Sweet Potatoes
*String Bean Salad
*Apple Pie with *Cheese

*Consommé
*Fried Rabbit *Mashed Potatoes and *Gravy
*Mixed Vegetables Spinach Salad
*Sponge Cake with *Fruit and *Whip Cream



*Veal Birds *Broccoli *Baked Corn
*Orange and Grapefruit Slice Salad
*Pumpkin Pie



*Breaded Fish Fillets *Cauliflower *Green Peas
*Fruit Salad
*Lemon Torte *Cookies



*Pot Roast with *Vegetables Head Lettuce Salad
*Biscuits *Honey Butter
*Cherry Cobbler



*Pork Chops with *Cranberry Stuffing
*Candied Sweet Potatoes *Lima Beans
*Toasted Garlic Bread
*Strawberry Shortcake



*All starred foods can be frozen or prepared from some frozen foods.

COMPLETE INDEX

	TO FREEZE	TO SERVE		TO FREEZE	TO SERVE
A la King Dishes.....	59	77	Chicken a la King.....	59	77
Anti-Darkening Agents, General.....	27		Chicken, Fried.....	59	77
Appetizers.....	60	78	Chili Con Carne.....	59	77
Apples.....	28	68	Chop Suey.....	59, 62	77
Apple Juice.....	36	68	Chow Mein.....	59	77
Apple Sauce.....	28	68	Cider.....	36	68
Apricots.....	28	68	Citrus Fruit Juice.....	36	68
Artichokes.....	16	67	Clams.....	45	73
Ascorbic Acid, General.....	27		Coconut.....	32	68
Asparagus.....	16	67	Collards (see spinach).....	23	67
Avocados.....	28	68	Cookies.....	52	76
			Cooking, General.....		66
B acon.....	40	69	—Fish.....		72
Baked Apples.....	28	68	—Fruits.....		68
Baked Beans.....	59	67	—Game.....		74
Baked Goods.....	48	75	—Meats.....		69
Baking Fish.....	73	73	—Poultry.....		70
Bananas.....	29	68	—Vegetables.....		67
Beans.....	16	67	Corn.....	20	67
Beans, Baked.....	59	67	Crabs.....	45	73
Beets.....	17	67	Cranberries.....	30	68
Beet Greens.....	17	67	Cranberry Juice.....	36	68
Berries.....	29	68	Cranberry-Orange Relish.....	30	
Berry Juice.....	36	68	Crayons, Colored.....	12	
Biscuits.....	49	75	Cream.....	54	74
Blackberries.....	29	68	Cured Meats.....	40	69
Blanching Vegetables, General.....	14		Currants.....	32	68
Blueberries.....	29	68			
Boysenberries.....	29	68	D airy Products.....	54	74
Braising.....			Dewberries.....	29	68
—Meats.....		70	Discoloration Control.....	27	
—Game.....		74	Dough.....	48	75, 76
Bread.....	48	75	Dry Pack, Fruits.....	26	68
Broccoli.....	18	67			
Broiling.....			E ggs.....	56	75
—Fish.....		72	Eggplant.....	21	67
—Game.....		70	Entrees.....	58	77
—Meats.....		70	Enzymes.....	5, 14	
—Poultry.....		71			
Brussels Sprouts.....	18	67	F igs.....	32	68
Butter.....	54	74	Fish.....	44	72
			Frankfurters.....	64	
C abbage.....	18	67	Freezer, General Function.....	7	
Cake.....	49	76	Freezer Packaging Materials, General.....	10, 11	
Candy.....	62		Freezing, General.....	7	
Canapes.....	60	78	Fricassee, Chicken.....	59	72
Cans, Tin.....	12		Frosting, Cake.....	50	
Cantaloupe.....	31	68	Fruits.....	26	68
Carrots.....	19	67	Fruit Compote.....	68	68
Carrots and Peas.....	19	67	Fruit Cup.....	68	68
Cauliflower.....	19	67	Fruit Juice.....	36	68
Celery.....	19	67	Frying.....		
Chard (see spinach).....	23	67	—Fish.....		72
Cheese.....	54	74	—Game.....		70
Cherries.....	31	68	—Poultry.....		71
Cherry Juice.....	36	68			
Chickens.....	42	70			

Index—Continued

	TO FREEZE	TO SERVE		TO FREEZE	TO SERVE
Frying			Nectarines	33	68
—Fish.....		72	Newburg	60	78
—Game.....		70	Nut Meats	62	
—Poultry.....		71			
Game	46	74	O kra	22	67
Glass Jars.....	12		Oranges	33	68
Gooseberries.....	30	68	Orange-Cranberry Relish	30	
Grapefruit.....	33	68	Orange Juice	36	68
Grapefruit Juice.....	36	68	Oysters	45	73
Grape Juice.....	36	68			
Grapes.....	32	68	Packaging Guide	10	
Gravies.....	59	77	—Bakery Goods.....	48	
Green Beans.....	16	67	—Dairy Products.....	54	
Green Peppers.....	23, 61	67, 79	—Eggs.....	56	
Greens, Beet.....	17	67	—Fish.....	44	
Ground Meat.....	40	69	—Fruits.....	26	
			—Game.....	46	
Ham	40	69	—Meats.....	38	
Ham and Asparagus Roll-ups.....	64	64	—Poultry.....	42	
Hamburger.....	40	69	—Vegetables.....	14	
Hash.....	59	77	Parsley	22	67
Heat Sealing, General.....	11		Parsnips	22	67
Home Economics Kitchen.....	6		Pastry	53	76
Hors d'Oeuvres.....	60	78	Peaches	34	68
Huckleberries.....	29	68	Pears	34	68
			Peas	22	67
Ice Cream	54	75	Peas and Carrots	19	67
Inventory of Food Stored.....	9		Pencils, Marking	12	
			Peppers	23, 61	67, 79
Jam		68	Pickleburgers	63	63
Jars, Glass.....	12		Pies	53	76
Jelly.....		68	Pimiento	62	67
Juice, Fruit.....	36	68	Pineapple	34	68
Juice, Tomato.....	24	68	Planning Ahead	7	
			Plums	35	68
Kale (see spinach).....	23	67	Pomegranate	35	68
Kohlrabi.....	21	67	Potatoes		
Kraut.....	18	67	—Irish.....	60	78
			—Yams.....	61	79
Labeling, General	12		Poultry	42	70-72
Lemon Juice.....	36	68	Preparation for Freezing, General	7	
Lima Beans.....	17	67	—Baking.....	48	
Lime Juice.....	36	68	—Dairy Products.....	54	
Lobsters.....	45, 60	73	—Eggs.....	56	
Loganberries.....	29	68	—Fish.....	44	
			—Fruits.....	26	
Macaroni	60	78	—Game.....	46	
Marking, General.....	12		—Meats.....	38	
Mayonnaise.....	58		—Poultry.....	42	
Meats.....	38, 60	66, 69, 78	—Vegetables.....	14	
Meat Balls.....	60	78	—Other Foods.....	62	
Meat Boats.....	64	64	Prepared Foods (Entrees)	58	
Meat Loaf.....	60, 63	63, 78	Preparation for the Table, General	66	
Melons.....	31	68	—Bakery Goods.....	75	
Menus.....		79	—Dairy Products.....	74	
Micro-Organisms.....	5		—Entrees.....	77	
Moisture-Vapor-Proof Packaging.....	10		—Fish.....	72	
Mushrooms.....	21	67	—Fruits.....	68	
Mustard Greens.....	21	67	—Game.....	74	

Index—Continued

	TO FREEZE	TO SERVE		TO FREEZE	TO SERVE
—Meats.....		69	Shellfish.....	45	73
—Poultry.....		70	Shortcakes.....		68
—Vegetables.....		67	Shrimps.....	45	73
Preserves.....		68	Soups.....	61	79
Prunes.....	35	68	Soybeans.....	17	67
Puddings.....	60		Spaghetti.....	61	79
Pumpkin.....	23	67	Spaghetti Sauce.....	62	62
Raspberries	29	68	Spinach.....	23	67
Raspberry Juice.....	36	68	Squash.....	24, 61	67, 78
Recipes.....			Steam-Blanching Vegetables.....	15	
—Cakes.....	50-52	50-52	Stews.....	61	79
—Chop Suey.....	59, 62	62	Strawberries.....	30	68
—Cookies.....	53	53	Strawberry Juice.....	36	68
—Escalloped Chicken.....	63	63	Stuffed Peppers.....	61	79
—Frankfurters.....	64	64	Stuffings.....	61	79
—Frosting.....	50		Succotash.....	17	67
—Ham and Asparagus Roll-ups.....	64	64	Sugar Pack, Fruits.....	26	
—Ice Cream Desserts.....	55	55	Summer Squash.....	24	67
—Meat Boats.....	64	64	Thawing, General		66
—Meat Loaf.....	63	63	—Bakery Goods.....		75, 76
—Pickleburgers.....	63	63	—Dairy Products.....		74, 75
—Spaghetti Sauce.....	62	62	—Entrees.....		77-79
—Vegetable Casserole.....	63	63	—Fish.....		72, 73
Record of Food Stored.....	9		—Fruits.....		68
Red Peppers.....	23	67	—Game.....		74
Refreezing.....	9	66	—Meats.....		69, 70
Relish, Cranberry-Orange.....	30		—Poultry.....		70-72
Rhubarb.....	35	68	—Vegetables.....		67
Rice.....	60	78	Tin Cans.....	12	
Roasting.....			Tomato Juice.....	24	68
—Game.....		74	Turnips.....	24	67
—Meats.....		69	Upside-Down Cake	50	50, 68
—Poultry.....		71	Vegetables	14	67
Rolls.....	48	75	Vegetable Casserole.....	63	63
Rutabagas.....	23	67	Vitamin C (Ascorbic Acid).....	27	
Salad Greens	14, 58		Waffles		75
Sandwiches.....	60	78	Wax Beans.....	16	67
Sauces.....	61	78	Whole-Kernel Corn.....	20	67
Sauerkraut.....	18	67	Winter Squash.....	24	67
Sausage.....	41	69	Wrapping, General.....	10	
Scalding Vegetables, General.....	14		Yams	61	79
Scallops.....	45	73	Youngberries.....	29	68
Scrapple.....	61	78			
Sealing, General.....	11				
Selection of Foods.....	7				

